



11th INTERNATIONAL YOGA DAY

Yoga United the World Beyond Abilities, Backgrounds and Boundaries : PM Modi Leads World's Largest Ever Gathering of Above 3Lakh Yoga Lovers

HT NEWS DESK/KNO

VISAKHAPATNAM/NEW DELHI JUN 21: Leading world's largest ever Yoga gathering of 3 lakh citizens to celebrate the 11th International Yoga Day here, Prime Minister Narendra Modi on Saturday said the Yoga has united the world, beyond borders, backgrounds, or abilities.

Prime Minister Modi, according to the news agency—while addressing the gathering, now etched in the Guinness Book of World Records, said, "The essence of Yoga is to unite, and it is heartening to see how Yoga has united the world."

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Yoga leads us on a journey towards oneness with the world.

It teaches us that we are not isolated individuals but part of nature.

PM Modi on International Day of Yoga, 21 June 2025



Pic Source-PIB

Lieutenant Governor Joins Yoga Enthusiasts to celebrate International Day of Yoga 2025

HT NEWS DESK

SRINAGAR, 21 JUNE 2025: The Lieutenant Governor, Shri Manoj Sinha participated in 11th International Yoga Day Celebration with Yoga enthusiasts and performed Asanas as per the laid down Common

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Op Sindoor Reflects Inner Strength of Armed Forces Attained by Practising Yoga: Rajnath

HT NEWS DESK/UNI



JAMMU, JUNE 21 (UNI) Union Defence Minister Rajnath Singh on Saturday said that Indian Armed Forces displayed restraint, balance and precision during the operation, which is a reflection of their inner strength attained by practising yoga.

Singh led the Armed Forces in celebrating the 11th International Day of Yoga (IDY) by performing various asanas and breathing exercises with approximately 2,500 soldiers at Northern Command, Udhampur, in Jammu and Kashmir.

In his address, he credited Prime Minister Narendra Modi for popularising yoga globally and highlighted that the practice provides a holistic approach to health and well-being.

He termed yoga a universal solution to the problems faced by people in today's fast-paced world, such as stress, anxiety and depression.

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Hope War Between Israel-Iran Will Stop Soon: CM Omar Abdullah

HT NEWS DESK/UNI

SRINAGAR, JUNE 21 (UNI) Jammu and Kashmir Chief Minister Omar Abdullah on Saturday expressed hope that the war between Israel and Iran would end soon and a solution would be reached through dialogue.

Speaking to media in Gander

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11th International Yoga Day..... Sakeena Itoo leads mass celebrations at SKICC Says Yoga is a tool for physical, mental, emotional well-being

HT NEWS DESK

SRINAGAR, JUNE 21: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo today lead the massive 11th International Yoga Day celebrations at SKICC here.

Chief Secretary, Atal

Dulloo; various Administrative Secretaries, Heads of Departments, senior officers of health department, locals and large number of students were also present on the occasion.

Addressing the gathering, Minister Sakeena emphasized

on the significance of yoga as a tool for physical, mental and emotional well-being. "I believe that if every day a person performs yoga for even half an hour, nothing is more than this for health", the Minister said. She added that Yoga

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NEWS BRIEF

Haj-2026 preparations begin, early guidelines issued

SRINAGAR, JUNE 21: The Jammu and Kashmir Haj Committee has issued a notification, outlining essential pre-announcement guidelines for pilgrims intending to perform Haj in 2026 (1447 H) through the Haj Committee.

According to a notification, a copy of which also lies with the news agency—, the official announcement regarding Haj 2026 is expected to be made public this month.

The Haj Committee has advised all aspiring pilgrims to keep their

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PDD daily wager falls from electric pole, dies in Anantnag

ANANTNAG, JUN 21: A 32-year-old daily wager working with the Power Development Department (PDD), lost his life after falling from an electric pole while carrying out repair work in Imoh Achabal area of South Kashmir's Anantnag district.

The deceased has been identified as Imtiyaz Ahmad Lone, son of Nazir Ahmad Lone, a resident of Hiller Kokernag. The incident as per officials occurred on Saturday when he was engaged in repairing an

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No option but to go to Supreme Court if statehood is delayed: Farooq Abdullah

SRINAGAR, JUN 21: National Conference president and former Chief Minister Farooq Abdullah Saturday reiterated the demand for early restoration of statehood to Jammu and Kashmir, asserting that further delays may compel the party to approach the Supreme Court.

Speaking to reporters in Pahalgam, Farooq Abdullah, per news agency—said it

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Govt Announces 15-Days Summer Break For Kashmir Schools From June-23

HT NEWS DESK



SRINAGAR, JUN 21: Amid soaring temperatures, Jammu and Kashmir Education Minister, Sakina Itoo Saturday said that the government has decided to announce early-summer vacation for all private and government schools in Kashmir division from June-23.

Speaking exclusively with the news agency—, Itoo said, "The weather conditions in Kashmir region are unbearable for the students and in view of the severe heatwave, we have decided to announce early-summer vacation for schools in Kashmir division from June-23."

The minister further said that the government will review the weather conditions after the culmination of summer vacations and will take the call of extension accordingly.

Itoo further said that earlier the department had proposed to declare

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CM Omar Abdullah Unveils New Marriage Hall, Lays Foundation Stone for a Key Bridge in Ganderbal

HT NEWS DESK

GANDERBAL, JUNE 21: Chief Minister Omar Abdullah today inaugurated the newly constructed Community Marriage Hall and laid the foundation stone for a 50-meter span steel trussed girder bridge in Ganderbal.

He dedicated the Community Marriage Hall at Duderhama, Ganderbal to the public which has been constructed at a cost of Rs 4.15 crore and the facility is meant to serve



as an important and affordable venue for weddings and other community events, fulfilling a long-pending demand of the local population.

Speaking on the occasion, the Chief Minister reiterated the government's commit-

ment to build people-centric infrastructure that promotes social wellbeing. "This marriage hall is not just a building, but a step toward making community life more inclusive and accessible," he said.

Later, the Chief Minister laid the foundation stone for construction of a 50-meter span steel trussed girder bridge over Nallah Sindh at Ahanger Mohalla, Gadoora. The Rs 7.56 crore project is expected to significantly enhance local connectivity

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Police attach property of PoK based terrorist handlers in Handwara

HT NEWS DESK/KNO

SRINAGAR, JUNE 21: In a significant action against terrorism and anti-national elements, Police in Handwara on Saturday attached immovable properties belonging to two individuals from Monbal, Handwara, who stand accused in a long-pending terrorism case.

"The attachment has been executed in connection with FIR No. 198/2003 registered at Police Station Handwara under stringent provisions of law including

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CS for Framing Strategic Plan to Ease Traffic Congestion in Sgr, Jmu Cities

HT NEWS DESK

SRINAGAR, JUNE 21: A pivotal meeting of the Multi-Disciplinary Committee on Traffic Management Systems for Jammu & Srinagar was convened today under the chairmanship of Chief Secretary, Atal Dulloo.

The committee undertook a comprehensive review of the existing traffic challenges and proposed advanced strategies to enhance urban mobility, streamline logistics and improve road safety in both cities.

The members of the Committee who attended the meeting included Principal Secretary, Home; Commissioner Secretary, H&UDD; Commissioner Secretary, Tourism; Divisional Commissioner, Kashmir/Jammu; DIG Traffic, Jammu/Kashmir; SSP Traffic



(City), Srinagar/Jammu; Commissioner, JMC/SMC along with other concerned officers.

The Chief Secretary directed for a proper implementation plan with a defined role for every stakeholder involved. He highlighted the importance of such a plan for making the travel experience less cumbersome for both travellers and commuters.

The Chief Secretary asked the Division

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Srinagar Hotter Than Jammu, Sizzles at 34.8 Degrees Celsius

21-day harsh summer period begins; MeT predicts rains, thundershowers

HT NEWS DESK/KNO

SRINAGAR, JUN 21: The 21-day harsh summer period, commonly known as 'Wahrat' in Kashmir, commenced on Saturday, with Srinagar - the summer capital of Jammu and Kashmir - among other parts of the valley witnessing the hottest day compared to Jammu division.

According to the news agency—, after the season's hottest day for two consecu-



tive days, Srinagar witnessed a slight improvement in day temperature as the mercury settled at 34.8 degrees Celsius compared to Friday's 35.5 degrees.

However, the station was hotter than Jammu where the mercury settled at 33.0 degrees.

As per the details, Kokernag recorded the all-time second hottest June temperature

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Top Army Commanders brief Defence Minister on prevailing security situation in J&K;

HT NEWS DESK/KNS

SRINAGAR, JUNE 21: Top Army commanders on Saturday briefed Defence Minister Rajnath Singh on the prevailing security situation in Jammu and Kashmir and the arrangements put in place for the forthcoming Amarnath Yatra, slated to commence on July 3.

According to the news agency—Chief of the Army

Staff General Upendra Dwivedi, General Officer Commanding-in-Chief, Northern Command Lt Gen Pratik Sharma and other senior officers including commanding officers of all units attended the meeting at Udhampur-based northern command headquarters.

The officers briefed the Defence Minister on secu-

urity in the border areas as well as the hinterland, especially anti-terrorist operations in forested areas. They also apprised him about the security arrangements made for the annual 38-day Amarnath Yatra.

Pertinently, the Army is part of the multi-tier security arrangements made for the smooth conduct of the

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CONTINUE FROM FRONT PAGE.....

PM

The Prime Minister joined thousands of participants from India and abroad for a historic yoga session by the sea on the occasion.

Extending warm greetings to people across India and the world on International Day of Yoga, the Prime Minister highlighted that this year marks the 11th occasion when the world has come together on 21st June to practice yoga collectively.

Reflecting on the journey of Yoga over the past decade, PM Modi recalled the moment when India proposed the idea of International Yoga Day at the United Nations. "As many as 175 countries supported the proposal, a rare instance of such wide global unity. The support was not merely for a proposal but represented a collective effort by the world for the greater good of humanity. "Eleven years on, Yoga has become an integral part of the lifestyle of millions across the globe", he added.

The Prime Minister expressed pride in seeing how Divyang individuals are reading yogic texts in Braille and how scientists are practicing yoga in space. He also noted enthusiastic participation of youth from rural areas in Yoga Olympiads.

PM Modi underscored that whether it is the steps of the Sydney Opera House, the summit of Mount Everest, or the vast expanse of the ocean, the message remains the same, "Yoga is for everyone and for all, beyond boundaries, beyond backgrounds, beyond age or ability."

The Prime Minister expressed his delight at being in Visakhapatnam, describing it as a vibrant blend of natural beauty and modern progress.

The national event was joined by the Governor of Andhra Pradesh, Abdul Nazeer, and the Chief Minister of Andhra Pradesh, N. Chandrababu Naidu Garu. Union Minister for Civil Aviation Ram Mohan Naidu Garu.

Union Minister of State (Independent Charge) Ayush and MoS for Health and Family Welfare (MoHFW) Prataprao Jadhav, Union Minister of State Dr. Chandrasekhar Pemasani and others were also present.

Meanwhile, Union Home Minister Amit Shah joined IDY celebrations in Ahmedabad and wrote on "X" that "Yoga brings unity among the mind, body and brain and has become an integral part of the daily routine of people all over the world."

Defence Minister Rajnath Singh joined the celebrations in Udhampur. "The ancient tradition of Yoga passed down by our sages is now being followed globally. In India, Yoga is not just a practice, it's a way of life," he said.

Union Minister of Health & Family Welfare and Chemicals & Fertilizers, Jagat Prakash Nadda also participated in the International Day of Yoga celebrations at Kartavya Path in New Delhi.

Reflecting on the transformative journey of yoga over the past decade, he posted on the social media platform X: "Yoga nurtures balance across our physical, mental, and spiritual dimensions, enabling a healthier and more fulfilling life. It is due to the visionary leadership of the Prime Minister that Yoga has earned global recognition. Over the last 10 years, people across the world have embraced yoga as an essential part of their daily lives."

Nadda extended his heartfelt wishes to all citizens on the 11th International Day of Yoga, urging them to continue practicing and promoting yoga as a way of life—(KNO)

YOGA

Yoga Protocol. The Lieutenant Governor said that in today's fast-paced world, the importance of Yoga is immeasurable.

"Yoga reduces stress and enhances quality of life. This year's International Yoga Day theme, 'Yoga for One Earth, One Health,' highlights holistic approach to health for humanity. This ancient Indian tradition ensures mental and spiritual harmony in the society and harmonises the body, mind and spirit."

The Lieutenant Governor appealed to the people to incorporate Yoga into daily routines and motivate others to practice Yoga for a happy living.

RAJNATH

"Yoga gives clarity to the people in chaos. It is an art, a science, a philosophy, and spirituality. Those who practise yoga in their daily lives have control over their body and mind. It makes us proactive, not reactive," Singh said.

Describing Operation Sindoor as a shining example of that control, Rajnath Singh stated that the Indian Armed Forces displayed restraint, balance and precision during the operation, which is a reflection of their inner strength attained by practising yoga.

He stated that India's social and communal unity was targeted through the Pahalgam terror attack, and Operation Sindoor was a clear message to Pakistan that it will face the consequences for supporting terror activities against India.

"Operation Sindoor is the natural progres-

sion of the surgical strike of 2016 and the air strike of 2019. It was executed in such a way that Pakistan requested a ceasefire, and only then did we put a pause to the operation. As I have said earlier, Operation Sindoor is not over yet. India is fully prepared to take all kinds of action against terrorism," said Singh.

He asserted that Pakistan wants to weaken India from within, but it should never forget that just like Major Somnath Sharma, Brigadier Usman too sacrificed his life for the unity and integrity of the country.

He added that when the nation is celebrating International Day of Yoga, it should remember the true meaning of the practice, which is to connect every section of society with the culture and soul of India.

"If even one section is left behind, the wheel of unity and security is broken. Therefore, today, we should perform yoga at the level of society and thought and not just the body," he said.

Singh appreciated the inclination of the Armed Forces personnel towards yoga, which has a direct impact on their discipline and focus.

"Yoga prepares a soldier physically and mentally, and its benefits can be seen on the battlefield," he said, encouraging the soldiers to continue practising it daily," said the defence minister.

Reiterating Prime Minister Narendra Modi's statement that 'Yoga is India's gift to the world', he stated that it is not just a diplomatic quote but a vision. Through yoga, India has given the world a tool which is beyond any border, religion, and culture, he said.

Singh pointed out that the theme of International Day of Yoga each year – One Earth, One Health this year – sends a global message that India thinks not only for itself but for the welfare of the world.

SAKEENA

has become far more important because of rising lifestyle-related problems.

While reflecting on this year's theme of International Yoga Day; 'Yoga for One Earth, One Health', Minister Sakeena said that Yoga is not merely a form of exercise but it is a bridge to inner peace and collective harmony.

She further said that the menace of drug abuse can also be tackled through Yoga. "Even if today you see our youth are involved in drugs and if we have to bring them back, we need to get them used to yoga and their health will get better", Minister Sakeena stated.

On the occasion, the Minister also lauded the health, education and Ayush departments for organising various programmes across Jammu and Kashmir to mark International Yoga Day celebrations.

WAR

bal, Omar warned that a major conflict could erupt if tensions between Israel and Iran escalate further.

"We can only hope and pray that such a war does not happen, as the situation is already very grave," he said.

"I don't understand on what basis Israel attacked Iran," Omar added. "Just a few days ago, the head of US intelligence stated that Iran is no closer to acquiring a nuclear weapon."

"If America said this only a few weeks ago, then why did Israel attack Iran? Clearly, some political motives are at play," he said. "Nevertheless, we hope the war ends soon and a solution is reached through dialogue."

GANDARBAL

and facilitate smooth movement between habitations on either side of the Nallah.

Highlighting the importance of the bridge, the Chief Minister stated, "Bridges don't just connect places, they connect people and opportunities. This bridge will significantly improve access, reduce travel time, and ensure smoother mobility for residents."

Senior district officers, engineers, and a large number of local residents were present at both the events and expressed appreciation for the developmental initiatives undertaken by the government in their area.

The Chief Minister was accompanied by his Advisor Nasir Aslam Wani, Deputy Commissioner Ganderbal Jatin Kishore, Senior Superintendent of Police Ganderbal Khalil Poswal, Chief Engineer Public Works (R&B) Department Kashmir Sajjad Ahmed Naqeeb and other concerned officials.

RANA

The Minister emphasized the importance of close coordination among the departments to ensure that all arrangements are ensured well in advance. He stressed the need for uninterrupted electricity and potable water supply, sanitation, medical facilities and effective traffic management.

The Minister also interacted with the caretakers, organizers and devotees, listening to their concerns and suggestions as well.

Rana directed the officials to address the public grievances on priority to ensure a peaceful and comfortable experience for the

devotees. He assured that the Omar Abdullah led government is committed towards facilitating peaceful and smooth conduct of religious events in the region.

"Our government is dedicated towards ensuring a smooth and dignified observance of Muharram," maintained the Minister.

Locals at the Imambaras raised various issues, including lack of potable water, drainage problems and road maintenance.

MLA Zaidal appreciated the efforts being made by the government authorities to facilitate the smooth conduct of Muharram processions.

CS

Commissioners to work out such modalities in their respective areas, and subsequently, these are going to be consolidated to frame a well-thought-out strategy for both Jammu and Srinagar. He also advised for looking into creating a web portal defining the actionable points pertaining to different departments so that the role played and progress could be easily tracked in subsequent meetings.

The key discussions held in the meeting revolved around the need for development of detailed traffic management plans for Srinagar and Jammu by the Traffic Department. The focus was laid on utilizing the scientific studies and data analysis to identify alternate routes after incorporating feedback from local authorities, citizens and stakeholders.

A commitment was made to operationalize an efficient traffic management system, including the installation, management and maintenance of traffic signals at key junctions, rotaries and T-points.

Strategies for de-congestion will be implemented in high-footfall and vehicular traffic areas, especially in tourist and pilgrimage zones together by the Traffic and Tourism Departments. Actions to regulate the commercial activities impacting traffic flow will be identified, with the Transport Commissioner, JMC/SMC and potentially LCMA, being involved in this process.

Moreover, the key locations requiring road expansion or upgrading to accommodate the growing traffic volumes will be identified, focusing on increasing the carrying capacity of critical roads. The committee also underscored the need for speedy completion of ongoing developmental projects to alleviate traffic congestion at key locations.

In addition, the strategies for addressing encroachments, particularly by street hawkers and their relocation and rehabilitation without disrupting the traffic flow will be recommended by the Tourism and municipal bodies in consultation with each other.

The plan also delineates identification of traffic-heavy routes where one-way movement or no-traffic zones can be implemented, with clear signage installed there. Routes for introducing e-bus services with increased frequency to reduce personal vehicle usage was also debated to be a step towards decongesting city roads from heavy traffic during peak hours.

Targeted strategies to reduce the accidents and fatalities through better road design, awareness campaigns and stricter enforcement of safety norms were proposed. The holistic approach integrating the traffic management with urban planning and development by showing synergy among key stakeholders like Traffic Police, PWD (R&B), NHAI, and local authorities will be ensured for effective traffic resolution through minimal engineering interventions.

Besides, development of infrastructure like bus lay-bys, designation of more spaces for on-street and off-street parking avenues in both the cities were unanimously stressed upon for the ever increasing vehicles plying on roads here.

The Committee also discussed the requirement of multi-modal solutions like Mass Rapid Transit system, city bus system, Inland Water Transport (IWT), Ring Roads, enhanced parking and creation of Unified Transport Authority as other reliable solutions to ease traffic woes in our cities here.

ARMY

yatra, especially for combing the forests surrounding the twin tracks – the traditional 48-kilometre Pahalgam route in Anantnag district and the 14-kilometre shorter but steeper Baltal route in Ganderbal district besides the Jammu-Srinagar National Highway.

Singh had reached Udhampur headquarters of the Northern Command on a 2-day visit on Friday—

VACTIONS

the summer vacations from July-01 to July-10. "However, keeping in view the severe heatwave, we have decided to announce an early summer vacation of 15 days with effect from June-23."

Earlier the minister had ordered a change in school timing saying, "From Saturday, the school timing in Srinagar municipality limits areas will be from 8Am to 1Pm and in case of schools outside the Srinagar municipality

limits, the schools shall function from 8:30 Am to 1:30 Pm."

In the meantime, Director of School Education Kashmir (DSEK) in an order said, "Consequent upon the approval conveyed by the competent authority, it is hereby ordered that all the government and recognized private schools up to higher secondary level functioning in the Kashmir Division shall observe summer vacation with effect from 23-06-2025 to 07-07-2025."

Pertinently, Kashmir region is reeling under intense heatwave from past couple of days and in this regard, the parents of students were demanding for early summer vacation—(KNO)

TEMP

today at 34.2 degrees.

According to an Independent Weather Forecaster, Aadil Maqbool, the previous second-highest June temperature was recorded on June 19, 2025 and 29 June, 1999, at 33.8 degrees Celsius, while the all-time highest-ever June temperature was recorded on 25 June 2005 at 34.9 degrees Celsius.

Qazigund - the gateway of Kashmir - recorded a day temperature of 35.0 degrees Celsius while Pahalgam, Kupwara and Gulmarg recorded 29.6 degrees, 34.5 degrees and 25.7 degrees respectively.

Meanwhile, as per another Independent Weather Forecaster, Faizan Arif Keng, Qazigund recorded 35.0 degrees Celsius, the highest June temperature since 1988. This is the third all-time June temperature for Qazigund.

The second all-time highest temperature stands at 35.3°C, recorded on 27 June 1988 and the all-time highest temperature is 35.7°C, recorded on 26 June 1988.

Srinagar has surpassed the previous records, as the night temperature also witnessed an increase in Kashmir. It recorded the 4th all-time highest night temperature in 134 years at 23.2°C.

According to Keng, temperature is also the highest since 24 June 1990, when a minimum night temperature of 23.6°C was recorded. Moreover, 23.2°C was also recorded on 15 June 2008. The all-time highest minimum night temperature in June stands at 24.6°C, recorded on 29 June 1978.

Meanwhile, Director of MeT, Dr Mukhtar Ahmad, said that generally cloudy weather with intermittent spells of rain and thundershowers is expected at many places till tomorrow. He added that on June 23 and 24, the weather is expected to remain dry, with a brief spell of light rain and thundershowers at isolated places. From June 25 to 27, generally cloudy weather with the possibility of intermittent light to moderate rain and thundershowers at many places is forecasted.

The MeT has also issued an advisory, urging farmers to continue farm operations until June 20. According to the advisory, there is a possibility of moderate to heavy rain with intense showers at a few places, mainly in Jammu division, on June 21 and 22. "Flash floods are expected at a few places, along with landslides, mudslides, and shooting stones," it added—

HUJJ

passports ready and ensure they meet specific criteria, with guidelines stating that the passports must be machine-readable, valid at least up to 31st December 2026, bear the endorsement of the seal and signature of the issuing authority or RPO and must not be damaged (i.e., no torn pages, detached covers, or other physical damage).

Furthermore, as per the notification, applicants applying for fresh passports have been advised to ensure that the Surname/Last Name field is filled and not left blank.

Notably, according to the Jammu & Kashmir Hajj Committee, over 3,600 pilgrims from J&K performed Hajj this year under the government quota.

Witnessing a rapid decline from 35,000 in 2017 to as low as over 4,100 applications this year, the number of Haj pilgrims continues to be dwindling in Jammu and Kashmir.

The numbers as per the officials further reduced when over 700 pilgrims who applied for the pilgrimage opted to remain 'out' of Hajj 2025.

PDD

electric line in the area. During the course of the work, he fell from the pole and sustained critical injuries, he said.

Lone, as per the news agency—Kashmir News Observer (KNO), was immediately shifted to GMC Anantnag, where he succumbed to his injuries.

Meanwhile, the Assistant Executive Engineer (AEE) of KPDC Anantnag has attached four PDD employees pending inquiry into the circumstances leading to the incident.

The order stated that the field staff of the Imoh sector is "hereby attached with this sub-division with immediate effect."

"Sector Incharge Bulbul Nowgam will now look after the Imoh sector in addition to his own duties, ensuring that ongoing operations are not disrupted," reads the order.

Meanwhile, police have registered a case

and initiated an investigation in this regard. The incident has once again highlighted the risky working conditions of daily wagers, especially those engaged in fieldwork without adequate safety gear or protocols—(KNO)

DR FAROOQ

has been eight months since the Jammu and Kashmir government was formed. "I am hopeful that when statehood is restored, we will also get the administrative powers that are essential for true governance."

He added their stand remains unchanged, they are waiting patiently for the restoration of statehood. "But if there are unnecessary delays, we will have no option but to go to the Supreme Court."

"We are committed to a democratic and peaceful struggle, but at the same time, we will not stay silent if our basic political rights continue to be denied," he said.

He appealed for wisdom and restraint amid the ongoing tensions in the Middle East. "I pray that God gives wisdom to both Iran and Israel. This conflict can only be solved with peace," he said, urging global leaders to advocate for dialogue.

POLICE

Sections 13 & 18 of the Unlawful Activities (Prevention) Act, Sections 2/3 & 3/4 of the Explosives Substances Act, and Sections 120B, 121A, 302, 307 of the Ranbir Penal Code (RPC). The property attachment has been carried out in accordance with a court order dated 20-06-2025, under Section 83 of the Criminal Procedure Code (CrPC), which empowers authorities to attach the properties of proclaimed offenders," a police spokesman said in a statement issued to the news agency—Kashmir News Observer (KNO).

The accused individuals whose properties have been attached are Mohd Shafi Bara son of Sawariya Bara and Gh Mustafa son of Alif ud Din, both residents of Monbal, Handwara.

Both individuals had exfiltrated to Pakistan and have since been actively involved in promoting terrorism, coordinating terror-related activities from across the border, and orchestrating multiple terror incidents in the region, police said.

"J&K Police remains committed to taking strict and sustained action against individuals and groups involved in anti-national and terrorist activities. Further legal proceedings in the matter are underway," the statement added—(KNO)

All J&K Shia Association

Convenes District-Level

Muharram Meeting in Srinagar

Ubaid Mehdi

Srinagar | 21 June 2025: In the lead-up to the sacred month of Muharram, the All Jammu & Kashmir Shia Association (AJKSA) today convened a significant district-level meeting for Srinagar at Darul Jawad, Qamarwari. The meeting was presided over by AJKSA President Molvi Imran Reza Ansari and attended by General Secretary Abid Ansari, District President Srinagar Haji Firdaus Mirza, District Secretary Yaseen Mustafa, and Youth Coordinator Arshid Sultan, alongside selected representatives from all mohallas of Srinagar.

The feedback collected from the ongoing mohalla-level Muharram meetings over the last three weeks was presented to the President and General Secretary. After careful deliberation and community inputs, several decisions were taken to ensure this year's Ashura observance remains spiritually meaningful, peaceful, and disciplined—true to the message and sacrifice of Imam Hussain (A.S.). Speaking at the gathering, Molvi Imran Ansari said, "Muharram is not just a month of mourning, it is a month of awakening our conscience. The day of Ashura reminds us of the timeless sacrifice of Imam Hussain (A.S.), who gave everything but refused to bow before tyranny. We must ensure that our azadari reflects that same discipline, purpose, and purity of intent." He added that this is not a time for politics or public show; this is the time for remembrance, reflection, and unity under the banner of Imam Hussain (A.S.). One of the key decisions made was regarding the 10th of Muharram: Ashura Faka-Shikni (abstinence from food) will be strictly observed along the Zuljanah Sharief procession route till 2 PM. Only water will be allowed to be served at sabeelgahs. Volunteers from respective localities will be tasked with ensuring this spiritual practice is upheld. Molvi Imran emphasized that Imam Hussain (A.S.) gave his last drop of water to others, our sabeel should reflect that ethos of sacrifice, not indulgence. Further, it was decided that blood donation camps will operate within their medical capacities on a first-come-first-serve basis. Additional donors will be registered as live donors, whose information will be shared with hospitals in case of emergencies. Regarding procession decorum, Molvi Imran announced, "Women will not be permitted to sit on ground floors, shopfronts, or roam within the route during the Zuljanah procession.



Sakeena Itoo visits Kulgam, lays foundation stone for PHC Pahloo building Inaugurates macadamization works across DH Pora Constituency

HT NEWS DESK

KULGAM, JUNE 21: Minister for Health and Medical Education, Social Welfare and Education, Sakeena, laid the foundation stone for the new building of Primary Health Centre (PHC) Pahloo here today.

The project, to be undertaken by R&B Division Kulgam, will be executed at an estimated cost of Rs. 492.20 lakh. It aims to strengthen the healthcare infrastructure and improve service delivery near the vicinities of general public.

Director Health Services Kashmir,

Director Family Welfare, MCH & Immunization J&K, ACD Kulgam Bilal Ahmad, ADDC Kulgam, Xen R&B Kulgam, Chief Medical Officer Kulgam, other senior officers and large number of locals were also present on the occasion.

Speaking on the occasion, the Minister highlighted the government's commitment to strengthening rural healthcare facilities across Jammu and Kashmir. She emphasized on the government's commitment to enhancing healthcare accessibility and ensuring quality services at the grassroots level.



"Establishing a well-equipped PHC at Pahloo has been a long-pending demand of the people. This demand is moving towards reality", Sakeena said.

The event also witnessed massive participation of local residents, who welcomed this development as a much-needed step towards better health facilities in the area.

Later, Minister Sakeena also inaugurated macadamization works in DH Pora Constituency, particularly at Beighpora to Jamia Masjid road at Qasba Khull D.H Pora.

Speaking on the occasion, the Min-

ister said that the road project, aimed at improving surface connectivity, is part of a broader infrastructure upgrade that is expected to boost mobility and economic activity for residents of far flung areas.

She also interacted with local residents on the occasion and emphasized that development, particularly in healthcare and road infrastructure, remains a top priority of the government. "Quality roads are not just a matter of comfort but a backbone for development", she remarked.

MLA B'pora reviews PHE, I&FC sectors; calls for coordinated action to address Water crisis

HT NEWS DESK

BANDIPORA, JUNE 21: In light of the ongoing heatwave and increasing water scarcity, Member of Legislative Assembly (MLA) for Bandipora constituency, Nizam Uddin Bhat, today chaired a comprehensive review meeting to assess the functioning of the Jal Shakti sector and discuss immediate measures to strengthen the district's water supply system here at the Conference Hall, Mini Secretariat Bandipora.

During the meeting, Executive Engineer Jal Shakti, Er. Mutayib Bashir, gave a detailed presentation on the progress of civil, mechanical and irrigation

works, and highlighted issues hampering effective water supply across several areas.

MLA stressed the urgent need for better coordination between the civil and mechanical wings to ensure timely and efficient execution of water-related projects. He urged departments to prioritize areas facing drinking water shortages and called for rationalized water distribution, prompt leak detection and swift repair of damaged infrastructure such as hand pumps and public tubewells.

"Mitigating water crisis is a collective responsibility, and all departments must work in unison to provide relief to the people," he asserted.

On the occasion, Vice-Chair-

person DDC, Kousar Shafeeq, emphasized the need to mobilize all available resources to ensure uninterrupted drinking water supply, particularly in rural and water-stressed areas during the peak summer months.

A key point of discussion was the desilting of agricultural canals (khuls) to restore irrigation supply to farmlands. MLA urged the administration to involve the Rural Development department in these operations to ensure a collaborative and result-oriented approach.

During the meeting, MLA reviewed the progress of multiple Water Supply Schemes in both urban and rural parts of the district. He sought clarity

on pending components and directed that proposals for new borewells be submitted promptly to expand the district's water infrastructure.

Among others, meeting was attended by the Superintending Engineer Hydraulic Circle Baramulla/Bandipora (H.Q Sopore), Executive Engineer PHE Hydraulic Division Bandipora, Executive Engineer PHE Division Sopore, Executive Engineer PHE Mechanical North Sopore/Bandipora, Executive Engineer Mechanical Irrigation Division Shadipora, Executive Engineer Ground Water Division Srinagar, Executive Engineer I&FC Division Bandipora/Sumbal, along with other concerned officers.

DDC Budgam reviews completion of all FHTCs under JJM Takes block wise stock of work progress

HT NEWS DESK

BUDGAM, JUNE 21: District Development Commissioner (DDC) Budgam, Dr. Bilal Mohiud-Din Bhat today took stock of work progress on all Functional Household Tap Connections (FHTCs) under Jal Jeevan Mission (JJM), in the district.

At the outset, DDC took block-wise review of all households covered under FHTCs.

The chair was apprised that there are a total of 1,27,754 rural households in the district as per data from 1st April 2024. Out of these, 1,14,236 households had been provided with tap connections by 11th January 2025. Between

11th January and 19th June 2025, 89 more connections were provided, taking the total to 1,14,325 household tap connections.

Stressing on the speedy execution and completion of works, DDC instructed concerned to expedite work progress on all ongoing projects across the district.

He instructed concerned AEEs and JEs to speed up the pace of work in their areas so that there is cent percent achievement in all given targets. DDC directed both the executive engineers of sub-division Chadoora and Budgam to complete pending works both retro and new within a targeted timeline.

DDC also directed for close

coordination among all concerned departments. Departments including Mechanical Division, KPDC, Forest, and Revenue have been asked to work in synergy to avoid any delays in the execution of water supply schemes under JJM.

Dr Bilal emphasised that seamless inter-departmental cooperation is crucial for achieving the targets set under the mission.

He instructed that regular joint meetings be held to monitor the progress of ongoing schemes and to promptly resolve any bottlenecks. The concerned officers were asked to identify critical projects and ensure that timelines are strictly adhered to.

Book Launch of "ASH TAEIR" by Dilshad Mustafa Held at Dak Bungalow Sumbal

HT NEWS DESK

Srinagar/ June 21 A prestigious literary gathering was held today at Dak Bungalow Sumbal under the banner of the Dilshad Cultural Forum Nawgam Sonawari, where the debut book "ESH TAEIR" penned by emerging author Dilshad Mustafa was formally launched.

The event was presided over by eminent writer and scholar Professor Ismail Aashna, while the special guests included Shakir Shafi, President of Halqa Adab Sonawari, along with well-known literary figures Syed Akhtar Hussain Mansoor, Mohammad Manawar Parwana and Dilidar Ashraf Shah.

Organized in Sponsorship with Kashmir Head Line's, the program attracted a gathering of noted writers, poets, and literature enthusiasts from across the region.

Speakers at the event highlighted the literary and intellectual depth of "Esh Taeir", appreciating Dilshad Mustafa's fresh voice and his contributions to Kashmiri literature. They noted that the book reflects a deep engagement with cultural identity, personal experience, and creative expression. The event was hosted by Well known actor and writer Gulfam Barji.

NC Undermining Constitution by Dodging Justice for General Category: AIP

HT NEWS DESK

Srinagar, June 21: Awami Itihaad Party (AIP) has launched a scathing attack on the Omar Abdullah-led government, accusing it of shifting priorities and betraying the open merit / General Category youth by deliberately stalling the Cabinet Sub-Committee (CSC) report on reservations.

AIP Chief Spokesperson Inam Un Nabi criticised the government for its shocking admission that no serious deliberation took place on the report and that it now plans to rework it. He said this reflects a pattern of apathy, deception and calculated avoidance of responsibility towards merit-based candidates. According to AIP, National Conference (NC) has turned the promise of justice into a political farce. After six months of committee meetings and public engagement, the government's failure to present the report in the Cabinet reveals a deliberate attempt to bury the issue. The move to rework the report is seen by AIP as a cover-up designed to indefinitely shelve it.

MLA Lal Chowk presides over International Day of Yoga celebration at Pari Mahal Calls Yoga an invaluable gift of ancient tradition

HT NEWS DESK

SRINAGAR, JUNE 21: International Day of Yoga was on Saturday celebrated at the iconic heritage site Group of Arched Terraces/Structural Complex, Pari Mahal, Srinagar by the Archaeological Survey of India, Srinagar Circle.

Member of Legislative Assembly (MLA) Lal Chowk, Ahsan Pardesi presided over the celebrations as the chief guest.

The event witnessed enthusiastic participation under the global theme for this year, 'Yoga for One Earth, One Health,' emphasizing harmony between humanity and nature, and promoting wellness at both individual and planetary levels.

Speaking on the occasion, MLA Lal Chowk highlighted the relevance of yoga in today's world. He said, "Yoga is an invaluable gift of our ancient tradition. It enhances not just individual health, but connects us with the larger goal of environmental balance and collective well-being."

"Celebrating Yoga Day at a historic site like

Pari Mahal is a beautiful reminder of our roots and responsibilities," he added.

The event also witnessed the presence of Padma Shri awardee, Faisal Ali Dar, a celebrated sports personality from Jammu and Kashmir, and the Principal Chief Conservator of Forests, Government of Jammu and Kashmir, as guests of honour. Both dignitaries appreciated the initiative and underscored the benefits of incorporating yoga in daily life.

Students from Syed Meerak Shah High School, Shalimar, Iqbal Mission High School, Brain Nishat, and scholars from the faculty of Agricultural Sciences, SKUAST-Kashmir, actively participated in the yoga demonstration sessions conducted by trained instructors.

Earlier, the celebration commenced with an introductory talk on the essence and benefits of yoga in promoting physical, mental, and environmental health. The mass yoga session included common asanas, breathing exercises, and meditation techniques aimed at holistic wellness.

The event concluded with the distribution of participation certificates.

Srinagar Municipal Corporation celebrates 'International Yoga Day'

HT NEWS DESK

SRINAGAR, JUNE 21: Srinagar Municipal Corporation (SMC) commemorated International Yoga Day with great zeal and enthusiasm at SK Park today, emphasizing the importance of health, mental well-being, and holistic living. The event was led by Commissioner, SMC, Faz Lul Haseeb whose inspiring leadership added vigor to the celebration.

Recognized globally each year on June 21st, International Yoga Day highlights the transformative benefits of yoga in enhancing physical vitality, mental tranquility, and spiritual harmony. The occasion featured captivating demonstrations of various yoga postures, breathing exercises, and meditation techniques, aimed at encouraging citizens to incorporate these practices into their daily routines for a healthier and more balanced life.

A key highlight of the event was the address delivered by Haseeb, who eloquently underscored the crucial role of mindfulness and yoga in foster-



ing overall health, mental clarity, and emotional resilience. His words inspired many participants to adopt yoga as a vital component of their wellness journey.

Joint Commissioner, Nuzhat Khurshed was also present on the occasion.

SMC remains committed to promoting wellness initiatives that empower citizens to achieve harmony of body, mind, and spirit. The event was attended by senior officials of the Corporation and a diverse group of participants, reflecting the community's enthusiasm for a healthier and more mindful lifestyle.

IUST Celebrates International Yoga Day 2025

HT NEWS DESK

Awantipora, June 21: The Islamic University of Science and Technology (IUST) celebrated 11th International Day of Yoga with great enthusiasm, aligning with this year's global theme "Yoga for One Earth, One Health." The event witnessed active participation from university officials, faculty members, staff, students, and NSS volunteers, all coming together to embrace the ancient Indian practice of yoga for holistic well-being.

The program, jointly organized by the Centre for AYUSH Science and the Directorate of Physical Education & Sports (DoPE), featured comprehensive yoga sessions conducted by Dr. Hilal Ahmad Rather, Assistant Director of DoPE. Participants engaged in various yoga asanas (postures), pranayama (breathing tech-



niques), and meditation practices including Tadasana (Mountain Pose) and Vrikshasana (Tree Pose), aimed at enhancing physical flexibility, mental clarity, and

overall wellness. The event beautifully captured the essence of the Indian principle "Sarve Santu Niramaya" (May all be free from disease), emphasizing yoga's

role in creating harmony between individual health and global well-being.

Prof. Abdul Wahid Makhdoomi, Registrar IUST, reiterated the university's dedication to promoting yoga as an integral part of campus life. "At IUST, we believe yoga is not merely an exercise but a way of life that fosters holistic development," he stated. "Yoga for One Earth, One Health" perfectly captures how this ancient practice addresses modern challenges of both personal wellness and environmental sustainability."

Prof. Ayaz Hassan Moon, Dean of Academic Affairs, elaborated on the university's pioneering efforts to incorporate Indian Knowledge Systems (IKS) into its academic framework, saying, "Through the Centre for AYUSH Science, we are bridging ancient wisdom with modern education."

DC Poonch attends DAJGUA Awareness Camp at Panchayat Bhainchh

HT NEWS DESK

POONCH, JUNE 15: Deputy Commissioner Vikas Kundal today attended the 'Dharti Aaba Janbhagidari Abhiyan' (DAJGUA) Awareness and Benefit Saturation Camp at Village Bhainchh to assess the ground truthing of government schemes in the area with major tribal population.

Speaking on the occasion, the Deputy Commissioner underscored the comprehensive approach of the campaign, which involves 17 Union Ministries to execute 25 key government interventions on the ground. "We are fully committed to ensure-



ing that no eligible tribal household is left out of the benefits under the Dharti Aaba Janbhagidari Abhiyan. The campaign is a step toward inclusive and equitable development," the Deputy Commissioner said. The camp witnessed active par-

ticipation of government departments including Health, Education, Social Welfare, Rural Development, Agriculture, Food Civil Supplies & Consumer Affairs, Water Supply, Power, ICDS and Mission POSHAN. The departments set up dedicated service stalls, offering on-the-spot assistance, awareness and enrolment for different schemes.

The Deputy Commissioner also interacted with field functionaries and beneficiaries to assess the outreach and effectiveness of services being provided, reiterating the administration's resolve to make governance accessible and transparent at the grassroots level.

Jammu Kashmir Raj Bhawan celebrates West Bengal Foundation Day

Lieutenant Governor pays tributes to the freedom fighters and luminaries from West Bengal

HT NEWS DESK

SRINAGAR, JUNE 21: Jammu Kashmir Raj Bhawan today hosted the cultural evening commemorating West Bengal Foundation Day, which was celebrated on June 20. Officials, Security Personnel and the people of West Bengal currently living in J&K UT were the special invitees.

Lieutenant Governor Shri Manoj Sinha conveyed his greetings and best wishes to the people of West Ben-

gal on the occasion. The Lieutenant Governor, in his address through virtual mode, paid tributes to the freedom fighters, great revolutionaries and luminaries from West Bengal and recalled their valuable contributions to nation's growth and building of a modern India.

"For centuries, West Bengal has stood as a beacon of cultural and social awakening. This blessed land of Swami Ramakrishna Paramahansa, Chaitanya Mahaprabhu, Gurudev Rabindranath Tagore, Swa-

mi Vivekananda, Netaji Subhas Chandra Bose, Khudiram Bose, Bankim Chandra Chattopadhyay and Dr. Syama Prasad Mookerjee, has shaped India's intellectual, political and spiritual landscape.

Building upon the legacy of these great personalities who fuelled the nation's rising aspirations and instilled new self-confidence, the new generation now has the important task of contributing to the journey of Viksit Bharat," the Lieutenant Governor said. The Lieutenant Governor

called upon the youth to work collectively for building a progressive and united society. "Unity in diversity is our greatest strength and I believe this spirit will empower us to fulfil the dream of our forefathers," he said.

"West Bengal has kept the ancient traditions alive while sustaining a vibrant societal energy. Its influence across diverse fields, including the economy, social reform, the freedom movement, literature, music, arts, drama, and cinema is remarkably

"Sumera Rashid Champions Humanity Over Religion in Thought-Provoking Speech"

"Interfaith Intellectual Conference at Tagore Hall: A Platform for Dialogue and Understanding"

HT NEWS DESK

Srinagar, June 21, NSR: Managing Editor "New State Reporter" Sumera Rashid delivered a powerful address at the Interfaith Intellectual Conference held at Tagore Hall in Srinagar, emphasizing the importance of respecting individuals based on shared humanity rather than religious affiliations. "We should respect a person not because he is Muslim, Hindu, or Sikh, but because we are all human beings,"



Rashid said, advocating for equal treatment of everyone. Her message highlighted the need to prioritize humanity, recognizing that our shared human nature should be the foundation of our interactions. This perspective aligns with interfaith initiatives promoting understanding, tolerance, and peace among diverse groups. The conference provided a platform for intellectuals to discuss pressing issues and foster dialogue, encouraging audience members to reflect on their interactions and promote a more harmonious society.

ABRSM Delegation Calls on Deputy Commissioner Ramban, Submitted memorandum

HT NEWS DESK

Ramban, 20 June 2025 A delegation of the Akhil Bhartiya Rashtriya Shaikshik Mahasangh (ABRSM), District Ramban, under the leadership of District President Dr. Ramparshad Singh Manhas, called upon the newly appointed Deputy Commissioner, Sh. Mohammad Alyas Khan, today to convey best wishes and discuss vital issues concerning the teaching community and educational development in the district.

The delegation offered a floral bouquet and a token of respect to the Deputy Commissioner, congratulating him on assuming charge and expressing confidence in his capable leadership. Dr. Manhas, while introducing the ABRSM, emphasized its national commitment to the holistic welfare of teachers and the promotion of an Indian-value-based education system. He shared the organization's guiding philosophy:

"Rashtra ke Hit Mein Shiksha, Shiksha ke Hit Mein Shikshak, Shikshak ke Hit Mein Samaj." The delegation highlighted ABRSM's mission to strengthen education rooted in Indian culture, enhance teachers' dignity, and promote active collaboration among teachers, students, and the community.

During the meeting, the ABRSM delegation submitted a memorandum listing the following key concerns:

1. Poor Infrastructure in various government schools, needing urgent attention.
2. Shortage of Teaching Staff, affect-



ing learning outcomes. 3. Delay in Sanction of Earned Leave for teachers who served during Mission YUVA Survey and Winter Classes.

4. Irregular Mid-Day Meal Funds Release, impacting implementation. 5. Annual Transfer Drive Delays, with appeals for a fair and transparent process.

6. Need for Rationalisation of Teachers, especially in overstuffed/under-staffed schools. 7. Detachment from Non-Teaching Assignments, allowing teachers to focus on academics.

8. Filling of Master/Lecturer Vacancies, to ensure subject-specific teaching.

The Deputy Commissioner listened attentively and assured the delegation that all issues would be taken up with the concerned authorities for prompt redressal. He appreciated the spirit of constructive engagement shown by ABRSM and acknowledged the critical role of teachers in building the district's educational foundation.

The delegation included: Sh. Pawan Kishore (District General Secretary), Mrs. Nisha Lata and Sh. Jewan Singh (Vice Presidents), Mrs. Preety Khajuria (Additional General Secretary), Sh. Sandeep Singh (Joint Secretary), Sh. Rakesh Kumar (District Media Secretary), Sh. Sanjay Kumar (UT Treasurer), Sh. Vipin Sharma (Palak Sadasya), Mandeep Singh, Haresh Singh, Girdhari Lal, and other senior members.

The meeting concluded with the delegation expressing heartfelt thanks to the Deputy Commissioner and reaffirming the teachers' unwavering dedication to strengthening the educational framework of Ramban district. The Deputy Commissioner listened attentively and assured the delegation that all issues would be taken up with the concerned authorities for prompt redressal. He appreciated the spirit of constructive engagement shown by ABRSM and acknowledged the critical role of teachers in building the district's educational foundation.

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PUBLIC NOTICE

It is hereby notified that my daughter, and son's dob registration applied namely Mohsin Manzoor Dob 14/04/2017 Mansha Manzoor Dob 15/04/2016 Parentage: Manzoor Ahmad Mir R/o Natnussa Tehsil Handwara district Kupwara, now I have applied for the birth certificate at BDO office Natnussa. If anybody having any objection in this regard he/she may file his/her objection at BDO Office Natnussa within a period of 07 days after that no objection will be accepted. NAMELY: MOHSIN MANZOOR DOB 14/04/2017 MANSHA MANZOOR DOB 15/04/2016, Parentage: MANZOOR AHMAD MIR, R/O: NUTNUSSA TEHSIL HANDWARA DIST Kupwara

PUBLIC NOTICE

It is informed to general public that I am applying for Registration of Contractor Card at OFFICE OF THE SUPERINTENDING ENGINEER PWD (R&B) circle Baramulla/Kupwara, if anybody is having any objection in this regard he/she may file his/her objection in the OFFICE OF THE SUPERINTENDING ENGINEER PWD (R&B) BARAMULLA within the period of 7 days from the date of publication of this notice. After that no objection shall be entertained.

Bashir Ahmad Sheikh S/O Ali Mohammad Sheikh R/O Arth Budgam

PUBLIC NOTICE

I Azhar Ali Sheikh wants to correct my date of birth in my aadhar card bearing Aadhar no.360494691092 from 16-08-2005 to 18-05-2008. Now the same is to be corrected. If anybody having any objection may contact to concern authority with a period of seven days, after that no objection will be entertained.

Azhar Ali Sheikh S/o Ali Mohammad Sheikh R/o Batapora Kupwara

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Application for issuance of OBC certificate in favour of AEJAZ AHMAD HAJAM S/O WALLI MOHAMMAD HAJAM R/O RESHIPORA Tehsil KREERI for the issuance of OBC (Other Backward class in his/her / their favor.

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of OBC in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in the village of RESHIPORA AUHOORA of Tehsil KREERI and belongs to the HAJAM community having annual income 80000/ (EIGHTY THOUSAND only) the details of family of the applicant are as follows

- | | | | |
|-----------------------|----------|----------|-----------|
| 1...AEJAZ AHMAD HAJAM | self | 33 years | Labour |
| 2...SHAMEEMA BEGAM | wife | 30 years | Housewife |
| 3...ARSLAN AEJAZ | son | 10 years | student |
| 4...AYMAN AEJAZ | daughter | 09 years | |

if anyone have any objection to the issuance of delay order of said certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

NAIB TEHSILDAR KREERI

PUBLIC NOTICE

I Zahoor Ahmad Rather S/o Mohammad Sidiq Rather R/o Rajbagh Srinagar having Consumer No. 0202010005473 and Installation No. 534373R I want to transfer Electricity connection which was on my father's name [Mohammad Sidiq Rather S/o Mohammad Ramzan Rather R/o Rajbagh Srinagar]. Now I want to transfer it by my own name Zahoor Ahmad Rather R/o Rajbagh Srinagar. If anybody have any objection may file the same to the Sub Division Office Rajbagh within the period of seven days after that no objection will be entertained.

PUBLIC NOTICE

It is being informed that that my name in my driving lesson with list number JK-03 2012 0021891 is wrongly mentioned as Adil Ahmad Wani but the correct name as per my aadhar card is Aadil Ahmad Wani C/O Ab Hamid Wani R/O Lidroo Pahalg Anantnag. Now I am going to apply for its correction if anyone has queries they may visit RTO ANANTNAG thank you

ازنیابت زینہ کوٹ تحصیل سنٹرل سرینگر

ممنون درخواست منجانب عبدال مجید راتھر ولد عیوب اللہ راتھر مکتبہ عالیہ سنٹرل سرینگر بغرض حصول لیٹیننٹ سرٹیفکیٹ

اشتہار بغرض آگاہی ہر خاص و عام معاملہ مندرجہ عنوان العدر میں نے ایک درخواست پیش کی اس سلسلے میں پٹواری حلقہ سے رپورٹ طلب کی گئی۔ مطالبہ رپورٹ پٹواری حلقہ سے پایا گیا کہ سال موضوع ٹالڈ ٹیننگ میں رہائش پذیر ہیں۔ رشتہ و درجہ تصدیق نہیں ہے۔

عبدال مجید خود سال مزدور 51 سال

عبدال حمید برادر سال مزدور 55 سال

قبل از کے کہ درخواست سائلین پر مزید کارروائی مکمل میں لائی جائے ہر خاص و عام کو مزید مطلع کیا جاتا ہے کہ اگر کسی شخص کو سرٹیفکیٹ حذا لاجرا کرانے میں کوئی اعتراض ہو تو وہ اپنا اعتراض دفتر حذا میں ایک ہفتہ کے اندر اندر پیش کرے۔ بعد میں عدالت کے لئے کوئی بھی اعتراض قابل قبول نہیں ہوگا۔ تقریر

نایب تحصیل دار زینہ کوٹ

OFFICE OF ADVOCATE TANVEER AHMAD KUTAY J&K HIGH COURT, SRINAGAR

In the case of (1) Abdul Hameed Rather (2) Abdul Majeed Rather Sons of Late Habib Ullah Rather Residents of Shalteng. Srinagar

Caveators Versus Public at Large Subject: Caveat application U/S 148-A CPC The Caveators, are having reasonable apprehension that NON-Caveator i.e public at large may file suit, appeal, revision or any other proceedings against the caveators and may succeed in getting an ex parte order by misrepresentation of facts, which will prejudice the interest of the Caveators, In case any such proceedings are filed before Hon'ble High Court of Jammu, Kashmir and Ladakh, Hon'ble Principal District Judge, Srinagar, Hon'ble J&K Special Tribunal against the Caveators, the Caveators may be provided an opportunity of being heard before passing any order in the matter. Advocate Tanveer Ahmad Kutay J&K High Court, Srinagar.

Celebration of International Yoga Day by YHAI Srinagar

HT NEWS DESK



Srinagar: 21 June, On 21 June 2025, the YHAI J&K Adhoc Women's Wing came together at Khalsa School in Srinagar to celebrate International Yoga Day. Members of the Women's Unit practiced yoga with enthusiasm and shared refreshments in a spirit of unity and well-being. The Convener of the Women's Wing underscored YHAI's ongoing commitment to fostering health, harmony and community spirit.

Participants: Dr. Nighat Ara (Convener, Women's Wing) Dr. Yasmeen Khan, Dr. Asmat, Mrs. Mahjabeen Kamili, Mrs. Tahira Akhtar, Mrs. Shahnaz Parveen, Mrs. Sabiya Mahajan

Summer Camp 2025 Concluded with Joy, Creativity, and Community Spirit

HT NEWS DESK

Jammu : 21 June, Montessorians celebrated the successful conclusion of Summer Camp 2025 with a heartwarming closing event that left everyone smiling. The camp ran throughout the summer, brought together children, families, and educators for a season filled with learning, laughter, and unforgettable memories.

The finale showcased a vibrant display of student talents – from energetic dance performances and peaceful yoga sessions to colorful arts and crafts exhibits.

An important part of the camp's success was the dedication of the Montessorians teaching and support staff. Their unwavering commitment, patience, and guidance helped shape each child's summer journey into one of discovery and personal growth.

DC Budgam visits various Imambaras, takes stock of Muharram arrangements

Stresses timely completion of works for peaceful Muharram observance

HT NEWS DESK

BUDGAM, JUNE 21: Deputy Commissioner (DC), Budgam, Dr. Bilal Mohi-ud-Din Bhat today conducted an extensive tour of various majorly Shia populated areas of the district to take stock of arrangements for the ensuing holy month of Muharram-ul-Haram. During the tour, DC visited various Imambaras, including Central Imambara Budgam, Imambara Bemina, Markazi Imambara Chattergam, Imambara Khandana and Imambara Magam, where he met local residents and committee members and took stock of arrangements being placed for the smooth conduct of Muharram processions and religious congregations. Speaking on the occasion, DC said that a meeting was conducted with all members of different Shia associations in advance to review all required arrangements that are put in place in time for the seamless conduct of



all Muharram-ul-Haram related rituals this year. He said work has been initiated including macadamization of various roads where processions take place during Muharram. He directed the officers to ensure all the required arrangements, including restoration and installation of street lights, uninterrupted electricity and water supply in all areas and leveling work on all

processions roads and inner links be taken up and completed before the start of the holy month. He said that special sanitation drives are being carried out at all Imam bars to facilitate mourners attending Muharram processions and congregations seamlessly. DC further instructed CMO, Executive engineers of PHE, PDD, PWD to ensure all facilities including a team of officials to remain available at all major Imam bars so as to ensure seamless procession during the holy month. Directions were passed for advance timber dumping and ration supply be ensured in all areas. He said that other major demands projected by locals shall be projected in this financial plan for their approval and early execution. Among others, DC was accompanied by SSP Budgam Nikhil Borkar; ADC Budgam, CPO, SDMs, SE R&B, CMO, Executive Engineers from PDD, PHE, R&B, AD FCS&CA, FSO, DR Cooperative, Tehsildar's, EOs and senior officers from other concerned offices during the tour.

Progress under Mission Yuva reviewed at Kupwara

HT NEWS DESK



KUPWARA, MAY 21: District administration Kupwara convened a review meeting under the chairmanship of the Additional District Development Commissioner (ADDC) Kupwara, Mufti Fareed Ud-Din to assess the progress of Mission YUVA in the district. ADDC expressed concern over the slow pace of progress, and directed each YUVA Doot to ensure a minimum of 50 applications by the end of May 2025. He stressed the need for intensified outreach, awareness activities, and active support to applicants at the grassroots level. ADDC said, "Yuvadoots are the bridge between governance and the grassroots. Their role is not just to inform but to inspire action at the grassroots level. With effective interdepartmental synergy, the real transformation can be brought to every doorstep." He also called for collective and coordinated efforts from all stakeholders to ensure the successful implementation of Mission YUVA across the district. The meeting was attended by Incharge Business Help Desk Kupwara, Counselling Officer, and YUVA Doots from all blocks of Kupwara district. At the outset of the meeting, Career Counselling Officer, Nidhia Nazir highlighted the mission's role in empowering local youth. It was given out in the meeting that a total of 1391 applications have been received through the Mission YUVA portal. Chair meticulously reviewed block-wise performance and pending targets. Common challenges faced by YUVA Doots were discussed and addressed during the meeting. Weekly progress reporting and strict monitoring mechanisms were emphasized to ensure effective and timely implementation of the mission.

Tehsildar Qaziabad Arrested in Bribery Case, 50,000 Bribe and 79,000 Cash Seized

DR. AB QAYOUM

Handwara, Jun, 21: In a decisive action against corruption in government offices, the Anti-Corruption Bureau (ACB) Jammu and Kashmir today trapped and arrested Ghulam Rasool Bhat, Tehsildar Qaziabad Kralgund, Handwara, while demanding and accepting a bribe of 50,000 from a complainant in Handwara. A complaint was earlier lodged by a local resident, alleging that the Tehsildar was demanding a bribe of 1,00,000 for providing permissions for cutting walnut trees. The complainant, citing financial hardship, had already paid 50,000 in advance under pressure, but the accused continued to demand the remaining 50,000 before processing the permissions. Upon discreet verification, the allegations were found to be genuine, and a formal case FIR No. 04/2025 U/S 7 of the Prevention of Corruption Act, 1988 (as amended in 2018) was registered at Police Station ACB Baramulla. A trap team of ACB subsequently caught the accused Tehsildar and his tout, Rafi Ahmad Lone S/o Abdul Khaliq Lone R/o Pathora Kralgund Kupwara, red-handed while accepting the bribe at a private residence in Handwara. Both individuals were immediately arrested on the spot. During the search, apart from the bribe money, additional cash amounting to 79,000 was recovered and seized by the ACB team. Further searches are underway at the residential and official premises of the accused Tehsildar. The accused were presented before the Hon'ble Additional Special Judge Anti-Corruption Court, Baramulla, who remanded them to seven days of police custody. It is noteworthy that in 2021, ACB had registered another case against the same Tehsildar for illegal land mutations. Several other verifications regarding allegations of corruption against him are also ongoing. Further investigations are in progress and the role of other officials is being actively examined.

Director FCS&CA Kashmir conducts tour of Budgam district

HT NEWS DESK

BUDGAM, JUNE 21: Director FCS&CA, Dr Owais Ahmed, today conducted an extensive tour of Budgam district to review arrangements for Muharram-ul-Haram. Dr Owais visited the prominent Imam Bars where brief deliberations were held with the Shia Associations of the district, and on spot directions were given to the officers of the department to ensure close coordination with the representatives of the associations so that no genuine demand remains unaddressed.

ADDC B'la chairs meeting on implementation of Credit Linked schemes of APD

HT NEWS DESK

BARAMULLA, JUNE 21: In a bid to strengthen agri-business development and rural entrepreneurship, a comprehensive meeting on the implementation of Credit Linked schemes of the Agriculture Production department (APD) was convened today at the DC Office Baramulla. The meeting was chaired by the Additional District Development Commissioner (ADDC) Baramulla, Ghulam Rasool Mir. The meeting aimed to foster convergence among departments, financial institu-



tions, and grassroots stakeholders to effectively implement credit-linked schemes and promote rural enterprise. Officers were directed to bring actionable proposals and relevant data, with emphasis on promoting commercial ventures in food processing, value addition, grading/packaging, and cold storage. Specific instructions were given to the concerned departments to engage progressive farmers and FPOs in the process and motivate them to adopt agri-business

models under the schemes. Financial institutions were urged to present farmer-friendly credit schemes and simplified financing models tailored for small and marginal farmers. General Manager DIC was asked to submit feasible industrial and business models aligned with government incentives and credit schemes to benefit the horticulture and allied sectors. ADDC emphasized active participation and convergence among stakeholders to ensure the successful implementation of the schemes across the district.

6th Day of Tribal Empowerment drive witnesses vibrant outreach at Mammarr Kangan

HT NEWS DESK

GANDERBAL, JUNE 21: Marking the 6th day of the ongoing Dharti Aaba Janjatiya Gram Utkarsh Abhiyan, a spirited tribal outreach and welfare camp was successfully organised today at Panchayat Mammarr, Block Kangan, under the ambit of the PM JANMAN (Pradhan Mantri Janjati Adivasi Nyaya Maha Abhiyan). Led by the IEC (Information, Education & Communication) team, the event drew enthusiastic participation from the tribal community, highlighting increasing grassroots engagement and awareness. The camp served as an integrated platform for on-the-spot public service delivery and community sensitisation. Key citizen services facilitated during the camp included Aadhaar enrolment and updates, Ayushman Bharat - PM-JAY registration, issuance of Scheduled Tribe certificates, enrolment in PM-KISAN and Jan Dhan Yojana, screening and counseling for Sickle Cell Disease, linkages to multiple other PM JANMAN schemes. To complement service delivery, interactive IEC sessions were conducted, focusing on community education around schemes in healthcare, education, skill training, and livelihood generation. Participants actively raised queries and received detailed responses regarding their rights and entitlements.



Adding a cultural dimension to the day, tribal folk performances infused the event with spirit and identity, celebrating local traditions and unity. Educational brochures in local languages were distributed widely for greater accessibility. The program witnessed the coordinated participation of sectoral officers, PRI members, frontline workers, and CSC operators, showcasing strong convergence between departments. Community elders and locals applauded the initiative, describing it as a practical bridge between governance and the grassroots.

Dharti Aabha Abhiyan held for 3rd consecutive day at tribal village Shalnar in block Khansahib

HT NEWS DESK

BUDGAM, JUNE 21: As part of the ongoing efforts to ensure inclusive development and saturation of government welfare schemes in tribal areas, Dharti Aabha Jhanbaghidari Abhiyan was successfully conducted for the third consecutive day at panchayat Frestwar, village Shalnar, a remote tribal settlement under block Khansahib of district Budgam. The Abhiyan, being implemented under the overarching objective of ensuring 100% saturation of 25 identified sectoral interventions across 17 line departments in tribal villages, witnessed enthusiastic participation from the local tribal population. The Gram Sabha held on the occasion provided a platform for direct interface between govern-

ment functionaries and the community members. All 17 line departments actively participated in the awareness camp and Gram Sabha, during which departmental representatives elaborated on the schemes being implemented in their respective sectors. These included flagship schemes in housing, agriculture, skill development, health, education, drinking water, tribal welfare, and financial inclusion, among others. Special focus was laid on identifying and bridging existing gaps to achieve full saturation of benefits in the village. The community, especially women and youth, participated in large numbers and interacted with the officials, sharing their feedback and highlighting the positive impact of such outreach programmes.

To promote cultural inclusivity and heritage, students of Government Secondary School Shalnar presented a series of cultural performances including Gogri folk songs and skits. These performances not only added vibrancy to the event but also emphasized the importance of preserving local culture and traditions. As part of the on-ground deliverables of the campaign, on-spot registration of eligible beneficiaries under various schemes was facilitated. These include PMAY-G, Kisan Credit Cards, Swadesh Darshan Guest Homes, Holistic Agriculture Development Programme (HADP), Jal Jeevan Mission - Functional Household Tap Connections (JJM-FHTC), and PMJAY Health Cards among others.

NIT Srinagar celebrates 11th Intl. Day of Yoga with enthusiasm

HT NEWS DESK

Srinagar, June 21: The National Institute of Technology (NIT) Srinagar on Saturday celebrated the 11th International Day of Yoga with great zeal and enthusiasm, bringing together students, faculty, and staff in a vibrant display of health, harmony, and holistic wellness. The event was graced by the presence of Hon'ble Director NIT Srinagar, Prof. Binod Kanjia; In-charge Registrar Prof. Atikur Rahman; Dr. Yashwant Mehta, Dean Planning & Development and Head of Yoga Centre; Lt. Dr. Nitika Kundan, ANO NCC Unit; Dr. Jitendra Gujjar, NSS Officer; Dr. Ashok Kumar, In-charge EBSB Cell; and Dr. Manoj Kumar,

In-charge Sports Club, along with several faculty members and staff. Addressing the gathering, Director Prof. Binod Kanjia described yoga as a transformative practice that enhances physical well-being, mental clarity, and emotional resilience. "Yoga is not just an exercise; it is a way of life. Embracing it as a lifelong habit can help us achieve a balanced and healthy lifestyle," he said, urging everyone to incorporate yoga into their daily routines. The main celebration was held at the Common Hall from 6:30 AM to 8:30 AM, where over 300 participants—including faculty, staff, students, NCC and NSS cadets, and PhD scholars—performed various yoga asanas with enthusiasm and focus. The session

opened with an introduction to the significance of International Yoga Day, emphasizing the benefits of yoga for the body, mind, and atma. Certified yoga instructors led the participants through an invigorating session of yoga postures, breathing exercises (pranayama), and guided meditation. In his remarks, In-charge Registrar Prof. Atikur Rahman said, "today, as India leads the world in celebrating the 11th edition of this remarkable initiative, NIT Srinagar is proud to be part of the global movement Yoga Sangam." "This year's theme, 'Yoga for One Earth, One Health', reminds us that wellness is not just a personal pursuit but a shared responsibility. In a post-pandemic world, where the

connection between human health, environmental balance, and mental well-being is clearer than ever, yoga offers a time-tested path to restore that harmony," he added. It is worth mentioning that the idea of International Yoga Day was first proposed by Prime Minister Narendra Modi at the United Nations General Assembly on September 27, 2014. June 21—being the Summer Solstice and the longest day of the year—was chosen as the day of global celebration. In the lead-up to the main event, a six-day yoga workshop was organized from June 16 to 21, 2025, under the leadership of Lt. Dr. Nitika Kundan (ANO, NCC) and Dr. Yashwant Mehta (Head, Yoga Centre). The initiative was held in collaboration with the NSS, Ek Bharat Shreshtha Bharat (EBSB) Cell, and the

Sports Club. The workshop, conducted by yoga trainers Mr. Abhishek and Mrs. Sanju, focused on promoting physical, mental, and emotional well-being under the theme "Yoga for Self and Society." The sessions included a wide range of yoga practices, breathing techniques, and mindfulness exercises, and saw active participation from students, research scholars, and staff. Speaking about the workshop, Lt. Dr. Nitika Kundan said, "Our goal was to instill the values of discipline, self-care, and social responsibility among youth through the ancient science of yoga. The overwhelming participation and energy we witnessed over the six days reaffirm our belief that yoga is a powerful tool to foster both individual growth and collective harmony," he said.

EDITORIAL

Need to overhaul public transport system in Kashmir

With the introduction of smart buses and e-rickshaws the services of public transport have improved to a great extent in Srinagar city, but the picture is not rosy with respect to the city outskirts and other districts of the Kashmir valley. As soon as the sun sets the public transport vehicles plying on different routes in the city outskirts and other districts go off the roads and as a result the same people suffer.

Curious people could be seen waiting for the contract carriage vehicles at the busy intersections and the absence of the same makes them worrisome. Even though some of the smart buses ply on different routes in the city outskirts and different districts, as the number of such buses is less, not much relief is being felt by the common masses. It is important that the concerned stakeholders pay attention to the same so that there is an end to the sufferings of the people.

Some years back the Jammu & Kashmir Road Transport Corporation (JKRTC) introduced the environmentally friendly green buses on different routes of Kashmir. The people living in different districts of the valley felt relieved over the introduction of such buses, but here too there are some loopholes. The number of the green buses has remained static over the years and there has been no increase whatsoever. As a result of this the people are suffering and there seems to be no end to their miseries.

It is imperative that quality and affordable transport services are provided to the people across the valley since the masses want to cover the distance in the shortest possible time. There are people who are ready to pay more as transportation charges, but at the same time they want the time to be minimized. It is important that multiple modes of public transport are made available to the people and they be given the chance to choose from any of such modes. It has been observed that many vehicles being used as public transport vehicles are not fit to run on the roads and as such the lives of people boarding such vehicles are jeopardized on a regular basis. As on date no action has been taken against the owners of these vehicles and they are playing with the rules like anything. Stern action needs to be taken against such people so that precious lives are saved.

Make books and newspapers your companions; your perspective of living and viewing life will change.



DR. SATYAWAN SAURABH

Ironically, many parents also believe that jokes, entertainment, making reels, and eating whatever one wants are the keys to happiness and enjoyment in life. As a result of this consumerist mindset, the acquisition of knowledge and values by the youth has almost stopped. However, since there are no newspapers, magazines, or books in the homes, it is unfair to blame the youth. If there is a book, newspaper, or magazine, the child will at least see the picture and start wondering. That is not the case now. If parents do not even care about the names of leading magazines and newspapers, what is the fault of the youth in this? Unless parents pay attention, this problem will not be solved. Since most parents do not read anything themselves, what and whom will they talk to?

Young people are losing interest in books due to the increasing use of the Internet. Facebook, Instagram, WhatsApp, and other social media platforms are rapidly changing the reading habits of young Indians. The spread of smartphones and almost free Internet services has further accelerated this process of changing habits. Instant Maggi is a part of the young generation. As a result, they use Google to manage their lives. The older generation, who once read books, gave purpose to their lives by working hard, patiently, and diligently. Books were very important for problem-solving, especially autobiographies. Earlier, parents also suggested reading books. If you do not read books and newspapers now, then develop the habit of reading from today itself. You are probably not aware of so many benefits of reading books. Nowadays, when the young generation wakes up in the morning, they start using their smartphones to browse social media sites instead of reading newspapers. No matter how popular a TV show is, families no longer gather together to watch it as they used to. Instead, they continue to keep themselves busy with social media apps on their phones. According to experts, the digital industry will revolutionize even more. As a result, there have been, and will continue to be, changes in life and reading habits. Books are considered to be man's best friend. However, in today's busy world, there are very few people who read books. Reading books is not really a habit that should be associated with entertainment. Instead, you should include it in your daily schedule. Given that books make people happy. When asked when was the last time they read a book, most people will look surprised. Apart from students enrolled in school and college, this question is also asked by working youth who are actively involved in determining their future after graduation. In today's busy world, people are avoiding reading. Every successful and admirable person in the world has the habit of reading books. Books are considered to be man's best friend. Reading regularly is not only good for your health, but it also increases your knowledge. It also changes a person's attitude towards life and thoughts. No matter how popular the Internet becomes, reading books will always remain the best option. Talking about the benefits of reading books, there are many. When you read a book, your attention is focused on one area. The habit of reading every day improves focus. You also feel like working on a project. Newspapers publish articles on many topics, including politics, science, technology, art, and culture, as well as articles by well-known authors and subject experts.

Children who read regularly get a chance to gain new knowledge.

Due to lack of knowledge, you have to remain silent in many situations. You are unable to speak clearly or feel too shy to do so. Reading increases knowledge and information. Based on which you can discuss any topic anywhere with anyone. Reading books increases the confidence to speak and communicate.



Ironically, many parents also believe that jokes, entertainment, making reels, and eating whatever one wants are the keys to happiness and enjoyment in life. As a result of this consumerist mindset, the acquisition of knowledge and values by the youth has almost stopped. However, since there are no newspapers, magazines, or books in the homes, it is unfair to blame the youth. If there is a book, newspaper, or magazine, the child will at least see the picture and start wondering.

That is not the case now. If parents do not even care about the names of leading magazines and newspapers, what is the fault of the youth in this? Unless parents pay attention, this problem will not be solved. Since most parents do not read anything themselves, what and whom will they talk to?

It is said that good writing is possible only by speak-

ing well. By reading books, you start making connections between the ideas and strategies they discuss in your life. You start applying them in your life at the same time. As soon as you read a horror or suspenseful novel, you start imagining its characters and events. Then you start trying to understand the ending of the novel without reading it completely. Teaching the current generation to read newspapers is challenging, as they are either fascinated by their devices or prefer to read fiction. The factual presentation in newspapers is tedious and tiring for most of them. However, you can make newspaper reading one of your child's favorite pastimes by implementing some innovative ideas, and once he develops the habit, it will remain for life.

After reading a novel or a storybook, you are able to remember its characters and setting for a very long time. Reading daily improves your memory and recall. Your memory gets better every day. This is how the brain develops. You may have read or heard the saying that if you are not able to sleep, start reading a book to fall asleep. Reading a book before sleeping at night makes your brain feel tired and relaxes the nerves of your brain, which leads to good sleep. Therefore, make it a habit to read before sleeping every day to sleep comfortably. A person's true friend is a book. They help you get rid of your loneliness. Whenever you are bored or lonely, you should read. Reading regularly gives you new energy. Your mood changes, and as a result, you feel more relaxed. It is important that young people understand that the Internet mainly serves as a source of information rather than knowledge. Therefore, it should be limited to information only. Internet users have different attitudes, and the loneliness of young people can be easily felt. On the other hand, books can help young people become more imaginative. This was also seen earlier. It is possible that the older generation used to think and behave more politely and softly than the current generation. In real life, relationships and contacts are decreasing due to attachment to the virtual world. This creates a new risk. Additionally, warning signs have started appearing in some places. In this case, parents have to do this. According to the development of intelligence, this will become a crisis in the coming years, because after ten years, these youths aged twelve to twenty will have grown up even more, and if they have no knowledge, then what will they be able to teach the next generation? When discussing this, some people from the younger generation often claim that they can get the same content on their mobile device that middle-aged and older people read in newspapers and magazines. While this is true, they should consider whether they use that mobile device to read about economic policy, defense, or education, or whether they use it to research the news or the potential of glitzy, glamorous, superficial entertainment. Ironically, many parents also believe that jokes, entertainment, making reels, and eating whatever they want are the keys to happiness and enjoyment in life. This consumerist mindset has resulted in the youth's acquisition of knowledge and values almost stopping. However, since there are no newspapers, magazines, or books in homes, it is unfair to blame the youth. If there is a book, newspaper, or magazine, the child will at least see the picture and start wondering. This is not the case now. If parents do not even care about the names of leading magazines and newspapers, what is the fault of the youth? Unless parents pay attention, this problem will not be solved. Since most parents do not read anything themselves, what and whom will they talk to?

Dr. Satyawan Saurabh, Is a regular contributor to 'Headlines Today' ... Working as a Research Scholar....

Healthier India: The Impact of PM Modi's Yoga Initiative



VINOD CHANDRASHEKHAR DIXIT

Physical Minister Narendra Modi has been a strong advocate for yoga, promoting its benefits globally. Modi's clarion call for marking one day as 'International Day of Yoga' has received an overwhelming response all over the world. In a first, a total of 177 Nations across the world came together and passed the resolution to declare 21st June as the 'International Day of Yoga at the UN.' The declaration of International Day of Yoga is the great moment for the India in the history. Modi, an ascetic who is a committed vegetarian and an enthusiastic yoga practitioner himself, suggested an international yoga day. The first International Day of Yoga was observed all over the world on June 21, 2015. PM Modi's

efforts have made yoga a global mass movement, with millions practicing it worldwide. Union Ayush Minister Prataprao Jadhav credits the prime minister's visionary leadership for popularizing yoga globally.

As regards fear of failure & stress management, he knows very well how to control fear of failure & manage stress. The present government is the most democratic inside the house where leaders from particular authority get involved in numerous of project discussion before it's implementation. He encourages Yoga and meditation which helps human brain to counter fear and stress. Yoga is said to come from Hinduism long back and is being practiced worldwide today. People have learned about the merits of Yoga and have accepted it in the form of exercise and meditation. PM Modi said yoga can provide health benefits free of cost, and added that several countries that were unaware of India's culture are now connected to it because of yoga. PM Modi has put his views for adopting a day especially for yoga



while addressing to the United Nations General Assembly. He has asked the world leaders for adopting international yoga day to deal with the declining health because of negative climate changes. Especially, he suggested 21st of June for adopting the international day of yoga as this day is the longest day in northern hemisphere regions as well as of great significance in many parts of the world. The theme for International Yoga Day 2025, as proposed by PM Modi, highlights

the connection between yoga, health, and the environment. This theme aligns with India's G20 presidency vision and emphasizes the importance of holistic well-being. Modi has praised the Andhra Pradesh government's Yogandhra initiative, which aims to create a community of 10 lakh regular yoga practitioners in the state. He encourages people to make yoga a part of their daily lives. Modi has said that "One does not need to perform yoga for 24 hours.

Only 50 or 60 minutes. Yoga has the power to give health assurance at zero cost. When people perform yoga for the first time, they feel that several organs that were lying asleep start waking up." He further added that there was once a time when yoga was practised only by sages and monks, but it has now become a part of daily life. "Today, there is no question mark over yoga in any part of the world. Changes occurred with time; different societies in the world made additions to yoga and led to its improvement as per place, time, situation and age." There are many countries which do not know our language, traditions or culture, but the entire world is getting connected with us because of yoga.

According to Modi "Yoga is one of the most precious gifts given by the ancient Indian sages to humankind" and he says Yoga is the journey from 'me' to 'we'. Yoga keeps both your body and mind healthy. It strengthens your body and keeps your mind at peace. Sure, yoga is a fabulous workout for the mind and body and I know it can help sculpt and stretch your

muscles. Yoga is a way of life or Art of living through mental, spiritual and physical path. It also helps in learning how to rise above the pull of mind, emotions and lower bodily needs and face challenges of day to day life. Yoga works on the level of one's body, mind and energy. Yoga is a known stress buster, but it's also one of the most effective workouts for fighting stubborn fat stores, especially the ones that crop up after age 40. YOGA has created miracles. Health is wealth and it ensures a vigorous and blissful life. Every kind of efficiency and success in life rests on a healthy body. Overall, PM Modi's enthusiasm for yoga has contributed significantly to its global recognition and adoption, inspiring people to incorporate this ancient practice into their lives for better health and well-being. Lastly, in the words of Modi "Yoga is India's gift to the world for health, wellness and peace. It connects us with wellness and happiness."

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The Role of Patwaris in Revenue Reform and Digitization

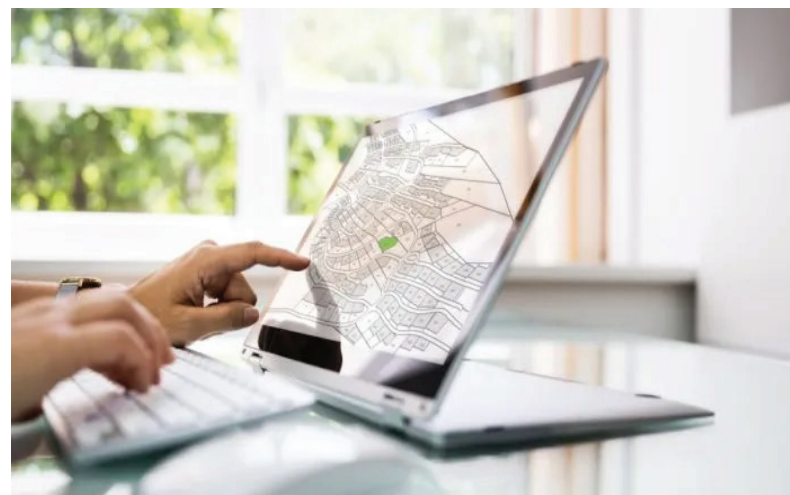


Mohd Amin Mir

In the evolving governance landscape of Jammu and Kashmir, where digital initiatives are redefining traditional systems, the All Jammu and Kashmir Patwari Association (AJKPA) has emerged as a critical institutional bridge. It connects the grassroots cadre of patwaris with the government's higher echelons, representing not just their demands and grievances but also their insight and recommendations for vital reforms, especially in the digitization of land records. As the UT government embarks on the massive task of modernizing the revenue administration, the active role of this Association has become indispensable.

A Legacy of Service and Silent Contribution For decades, patwaris have remained the unsung custodians of rural administration. From maintaining Jamabandis to conducting Girdawaris, their documentation has shaped ownership, access, and disputes around land—a deeply emotional and economically vital asset in J&K. But this complex terrain of land management is undergoing a digital metamorphosis, and the AJKPA has had to evolve in both form and function to respond to new demands. Rather than remaining a conventional union agitating for wages and promotions alone, the Association is steadily positioning itself as a stakeholder in policy. Its voice has grown louder in suggesting practical reforms in digitization, staff training, and resource allocation. Acting as a Bridge Between Members and the Government The Association functions as the key

intermediary between thousands of patwaris posted in every nook and corner of Jammu and Kashmir and the UT administration headquartered in Srinagar and Jammu. This involves a complex set of responsibilities: Policy Communication: Ensuring that circulars, directions, and new digital initiatives from the Revenue Department are relayed promptly to the field level. Feedback Channel: Equally crucial is the reverse flow—collecting feedback from ground-level workers about the practical challenges they face and conveying these to the authorities in structured formats. Conflict Resolution: Acting as a buffer in cases of friction between district officers and patwaris, and facilitating dialogues to prevent escalation. Representation and Advocacy: Whether it is representation in service matters, demand for digital tools, or appeal for judicial protection in land dispute interventions, the Association plays a vital advocacy role. Digital Transformation: A View from the Ground The UT administration has undertaken significant efforts to digitize revenue records under initiatives like: Digital India Land Records Modernization Programme (DILRMP) Computerization of Jamabandis and Girdawaris GIS-based mapping of land parcels These initiatives, however, require extensive groundwork, and this is where the experience of patwaris becomes central. The All J&K Patwari Association has made several constructive interventions: Advocating Practical Digitization Timelines One of the consistent suggestions from the Association has been about the realistic timelines for digitization. With patwaris simultaneously handling field duties, litigation responses, Girdawaris, and mutation records, the Association has recommended phased digital integration—one tehsil at a time,



instead of rushed targets. Need for Digital Literacy and Infrastructure The Association has presented memorandums urging: Regular training programs for patwaris on software like Apni Zameen, Land Records Management System (LRMS), etc. Provision of laptops, tablets, and internet access in Patwar Khanas Posting of dedicated data entry operators to assist overburdened patwaris Their proposal argues that the success of digitization hinges not just on software development but on human support. Creation of Tatima Modules for Digital Maps AJKPA has persistently highlighted the absence of Tatima (sub-division) maps in digitized records. Without them, field identification of land parcels transferred via decrees or oral partitions becomes impossible. The Association has recommended a crash programme of Tatima preparation with the help of Girdawaris and village elders before any final digital entries. Digitization of Legacy Disputes and Oral Transfers The All J&K Patwari Association has flagged a recurring challenge: how to digitize land entries that stem from informal transactions—such as oral gifts, verbal family partitions, or those

made under the J&K Agrarian Reforms Act. In many such cases, no formal record exists apart from field possession and community recognition. Digitizing such entries without cross-verification risks legal disputes and public unrest. The Association has therefore suggested the creation of a distinct classification within digital software to tag such entries as “verified on field—under oral or agrarian claim.” This would allow patwaris to flag sensitive cases for further scrutiny before being permanently locked into the database. Empowering the Patwari Cadre: Beyond Digitization Beyond technology, the backbone of any reform remains the human resource executing it. The AJKPA has repeatedly urged the administration to look into systemic constraints hampering patwaris’ effectiveness: Strengthening Cadre Capacity Thousands of villages in J&K are served by a single patwari often managing 4–6 revenue villages due to staff shortages. This workload makes both routine duties and digitization nearly unmanageable. The Association’s consistent plea has been to fill vacant patwari posts on a war footing and streamline promotions to Girdawar level. A demoralized field force cannot deliver ambitious reforms.

Modern Patwar Khanas A majority of patwaris operate out of decades-old offices with poor infrastructure. The Association has suggested a UT-wide program to modernize Patwar Khanas with: Reliable power backup Internet connectivity Secure storage for legacy records Public grievance counters for land-related queries Dedicated IT and Legal Support As patwaris navigate a hybrid ecosystem of digital and legacy records, they require both technical helpdesks and legal counsel—especially in tehsils with high litigation loads. AJKPA has urged that each tehsil be assigned: At least one technical assistant A legal officer familiar with land laws and digitization protocols Institutional Participation and Policy Suggestions AJKPA has also shown initiative in policy participation. It has formally proposed that the UT Revenue Department consider the following structural reforms: Patwari Nominee in Software Development Teams: Too often, digitization software is built with limited field consultation, leading to mismatches between form and functionality. Including patwari representatives ensures user-centric design. Biannual Consultation Forums: Bringing patwaris, software vendors, GIS experts, and senior revenue officers together for structured feedback twice a year. Grievance Redressal Mechanisms: Establishing a helpline and online portal for patwaris to report issues with software, mutation discrepancies, or field mapping inconsistencies. Beyond Governance: The Association’s Welfare and Social Role The All J&K Patwari Association is not limited to administrative concerns. It also provides a community to its members—offering emotional solidarity, legal advice, and welfare support. From organizing blood donation camps to

assisting colleagues during family emergencies, the Association plays an integral role in the lives of its members. During the COVID-19 pandemic, patwaris under the Association’s coordination were among the frontline responders, distributing ration kits, updating health surveys, and ensuring uninterrupted revenue services. Challenges and Road Ahead Despite its achievements, the AJKPA faces several hurdles: Perception Challenges: Some see it solely as a union, not as a policy partner. Changing this perception requires persistent engagement with policymakers. Resource Constraints: The Association is largely self-funded, limiting its research and proposal capacity. Technological Gaps: Not all patwaris are equally equipped or trained, making internal capacity-building a constant priority. A Trusted Partner for Reform In a Union Territory striving for transparency and efficiency in land governance, the role of the patwari is central. And by extension, so is the role of their collective voice—the All Jammu and Kashmir Patwari Association. If treated not as a protest group but as a strategically, the Association can help the UT government prevent policy pitfalls, ensure smoother implementation of digital reforms, and maintain trust between the administration and rural citizens. In bridging the old with the new, and the top with the grassroots, the AJKPA exemplifies how employee associations can be catalysts for constructive change. It is now up to the government to formalize this partnership—through consultation, inclusion, and investment. Only then can the full promise of digitization be realized, not just on computers, but on the ground, where it matters most. Mohd Amin Mir is a columnist and legal affairs writer who focuses on governance, land reforms, and institutional accountability in Jammu & Kashmir. He can be mailed at miramin354@gmail.com

Beyond NEET: Kashmir’s Dangerous Obsession With Medicine



Aadil M. Khan

50,000 NEET aspirants vs a handful of JEE candidates—our career tunnel vision needs to change

Congratulations to all those who qualified for National Eligibility Cum Entrance Test (NEET). For those who couldn't make it, have patience; this world is full of opportunities. NEET is not the end but merely the beginning of your competitive exam journey. Glorifying a single profession like medicine may harm us in the long run. The NEET results, declared recently, reveal a stark reality: only a small percentage of aspirants will secure seats in government medical colleges (GMCs), especially across the ten GMCs of Jammu and Kashmir. For Open Merit students, the competition is daunting, as the new reservation policy has made it challenging for them to secure seats in GMCs. Last year, the Open Merit cutoff for NEET UG reached skyrocketing levels. The rest will either drop a year to prepare again, seek opportunities abroad—especially in countries like Bangladesh, Iran, Georgia, and Kazakhstan—or explore alternative paths. This raises a critical question: Is pursuing MBBS the only secure career option after Class 12 in Kashmir, especially when students invest up to six years to achieve it? Having taught at various educational institutions, I've observed that around 70 per cent of students aspire to pursue MBBS, while fewer than one per cent aim for engineering at premier institutions like the IITs. A small percentage wants to pursue agriculture and allied courses. This raises another critical question: Why aren't our students aiming for premier institutes like IIT, IIM, IISER, or IISc? It is disheartening that our representation in these insti-

tutions remains almost negligible, despite the availability of numerous seats. Recently, entire Kashmir was celebrating success of three girls who aced JEE advanced, imagine if half percentage out of 50,000 who appeared for neet ug start preparing for JEE then our percentage would have gone upto three digits in JEE advanced, to send more Kashmiris to IIT, mass awareness at school level from class 8 onwards, motivating more students to opt for maths after 10 is the way to increase our representation at IITs. On the other hand, JKBOPEE recently conducted the Common Entrance Test (CET), where 1,600 candidates appeared for approximately 3,500 engineering seats in both government and private colleges. This raises an alarming concern: the number of students opting for mathematics after Class 10 is at a record low, which could lead to a crisis in the coming years. This trend will also result in decreased enrollment in engineering colleges, posing yet another challenge. Based on my analysis, the MBBS field in Jammu and Kashmir will face significant saturation within the next five years. Currently, there are 1,400 medical seats, with approximately 450 more expected to be added in the coming years across the seven GMCs. Additionally, 50 seats will be added at Shri Mata Vaishno Devi (SMVD) in Katra (private) and 100 at Kashmir Medical School (KMS) in Sempora (private), bringing the total to around 2,200. When including Foreign Medical Graduates (FMGs), the number of medical graduates could reach nearly 4,200 annually. However, these 4,200 graduates will compete for just 300 postgraduate (PG) seats in J&K, of which only 100 are in core branches, leading to unprecedented saturation. This imbalance will intensify competition and challenge the notion that MBBS guarantees a stable career. Kashmir does not need only doctors; our society needs skilled engineers from IITs, agriculturists, researchers, economists, and professionals from diverse fields. We must change our mindset, treat all professions with equal respect, and encourage students to pursue careers based on their interests and strengths.

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The Future of This War is Uncertain, Its Consequences Will Affect the Whole World



Sanjay Saxena

The Iran-Israel war shows no signs of de-escalation. The ongoing tension and conflict between the two nations have become a serious and long-term issue in Middle Eastern geopolitics, which has intensified further in 2025. What initially remained a proxy conflict between the two countries has now transformed into a direct military confrontation, with both sides threatening to annihilate each other. This war poses serious challenges to regional and global stability. Meanwhile, instead of trying to end the war, other countries are increasingly taking sides. Nations like the United States, Russia, China, and Britain are making decisions based on their own interests. The concepts of right and wrong seem to have lost relevance. Both countries are launching deadly attacks on one another using lethal weapons. It is worth noting that the roots of hostility between Iran and Israel lie in the Iranian Revolution of 1979, when an Islamic Republic was established under the leadership of Ayatollah Khomeini. This revolution not only redefined Iran's foreign policy but also identified Israel as a primary enemy. Iran has viewed Israel as an illegitimate Zionist regime and made the Palestinian cause a key element of its regional influence. On the other hand, Israel has considered Iran's nuclear program and its regional influence especially through groups like Hezbollah and Hamas as existential threats. This ideological and strategic rivalry manifested over the decades as proxy wars, especially in Syria, Lebanon, and Yemen. In mid-2024, this tension escalated into direct military conflict. Israel's attack on Iran's vital energy infra-



structure in June 2024, followed by an attack on an Iranian television building in June 2025, brought the conflict to a new level. In retaliation, Iran launched missile strikes including a cluster missile attack on Israel. While Israel's Iron Dome and other defense systems successfully intercepted most of these attacks, they could not entirely stop them. These incidents have exposed both countries' military strengths and vulnerabilities. Israel's advanced technology and precision strikes have revealed the inadequacy of Iran's air defense systems, while Iran's long-range missiles present a significant threat to Israel. A major driving factor behind this conflict is Iran's nuclear program. Israel has repeatedly claimed that Iran is advancing toward developing nuclear weapons, which it sees as a threat to its existence. After the collapse of the 2015 nuclear deal especially following the U.S. withdrawal in 2018 Iran accelerated its uranium enrichment. By 2025, some reports claim Iran is on the threshold of developing a nuclear weapon, though these claims remain controversial and unverified. To neutralize this threat, Israel has resorted to cyberattacks (such as Stuxnet) and

targeted assassinations, which have pushed Iran to adopt an even more aggressive stance. Additionally, the roles of regional alliances and global powers have made this conflict more complex. Israel enjoys support from the United States, Saudi Arabia, and the United Arab Emirates support that has strengthened further after the Abraham Accords. On the other hand, Iran has maintained alliances with Russia, China, and proxy groups like Hezbollah and Houthi rebels. However, direct military assistance from Russia and China has remained limited, as Russia is bogged down in the Ukraine war, and China avoids direct involvement in regional conflicts. Countries like India which maintain economic and strategic relations with both nations have adopted a neutral stance, reflecting their concerns for energy security and regional stability. Apart from the nuclear threat, the war's economic and social impacts are also significant. Iran, already grappling with sanctions and economic crisis, has been further weakened by Israeli attacks. The strikes on energy infrastructure have affected oil production and exports, putting immense pressure on Iran's

economy. On the other hand, Israel's economy based on technology and innovation has remained relatively stable despite the ongoing war, although continuous conflict has increased social tension. The populations of both countries are suffering from war fatigue and uncertainty, leading to internal unrest. The potential outcomes of this conflict could head in several directions. The most dangerous scenario is a full-scale war involving the use of nuclear weapons. According to some sources, there is speculation about a possible nuclear strike by the end of 2025 in the U.S., underscoring the severity of the threat. Alternatively, diplomatic intervention especially through neutral mediators like the United Nations or regional powers could help contain the war. However, the rigid stance of both countries' leadership and deep-rooted regional rivalries make this extremely difficult. From a global perspective, this war could trigger a spike in oil prices, disrupt supply chains, and lead to a refugee crisis. The Middle East is already unstable, and this conflict has further inflamed proxy wars in countries like Syria, Lebanon, and Yemen. Additionally, it could deepen global polarization, with the U.S. and its allies on one side and the Russia-China alliance on the other. In conclusion, the Iran-Israel war in 2025 has reached a perilous stage, involving historical animosity, nuclear ambitions, regional alliances, and global intervention. This conflict poses a severe threat not only to the Middle East but also to global peace and stability. Resolving it will require diplomacy, restraint, and international cooperation but in the current scenario, that seems like a distant dream. The future of this war is uncertain, and its consequences will be decisive not just for the two nations involved, but for the entire world.

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11th International Day of Yoga celebrated with enthusiasm in District Poonch

Deputy Commissioner urges citizens to adopt Yoga for physical, mental Well-being

HT NEWS DESK

POONCH, JUNE 21: The 11th International Day of Yoga was celebrated with great enthusiasm and fervour at the Indoor Sports Hall, Sports Stadium Poonch, under the global theme "Yoga for One Earth, One Health." Marking the occasion, participants joined in watching the live telecast of Prime Minister Narendra Modi, who led the national celebrations from Visakhapatnam, Andhra Pradesh. Deputy Commissioner Vikas Kundal led the district-level celebrations by joining the Yoga Session along with officers of the district administration, police personnel, students, sports



enthusiasts and members of the civil society. Addressing the gathering, the Deputy Commissioner encouraged people to make yoga a regu-

lar part of their life, stating, "Yoga helps in building immunity, reducing stress and ensuring physical and mental wellness." The yoga session was conducted by qualified instructors Sanjana Sharma and Imtiaz Ahmed, supported by Master Trainers Dr. Vimal Sharma and Dr. Benazir Yousuf. The trainers led participants through a series of postures and breathing exercises focused on improving digestion, boosting energy levels and enhancing mental clarity. The event proceedings were ably anchored by Dr. Khaleeq Anjum, who ensured seamless coordination throughout the programme.

Reasi Admin celebrates International Yoga Day 2025 with series of events

HT NEWS DESK

REASI, JUNE 21: The District Administration Reasi, in collaboration with the AYUSH Department, celebrated International Yoga Day 2025 with great enthusiasm across the district to promote its integration into daily life to enhance individual well-being and foster a harmonious relationship with the environment as envisaged in this year's global theme- "Yoga for One Earth, One Health." The highlight of the day was a special yoga session held at the ViewPoint of the iconic Chenab Rail Bridge- the world's highest railway bridge. The main event was held at the Indoor Sports Stadium,

where a large number of citizens participated in a yoga session in presence of DDC Chairman Saraf Singh Nag; Deputy Commissioner Nidhi Malik; SSP Paramvir Singh; SSP IRP 1st Battalion Anita Sharma; ADDC Sukhdev Singh Samyal; ADC Rakesh Kumar and other government functionaries. The live telecast of the Prime Minister's address on International Yoga Day 2025 was followed by a demonstration session led by the yoga instructor from Ayush. In her address, Deputy Commissioner Nidhi Malik highlighted the significance of yoga in fostering physical and mental well-being.

11th International Day of Yoga celebrated in Samba with great enthusiasm

HT NEWS DESK

SAMBA, JUNE 21: The 11th International Day of Yoga was celebrated with great fervor and enthusiasm in District Samba today. The event, themed "Yoga for One Earth, One Health," was organized by the Department of AYUSH in collaboration with the District Administration Samba under the banner "Yoga Sangam" at Rani Suchet Singh Indoor Stadium, Samba.

The event was held under the esteemed guidance and directions of Deputy Commissioner Rajesh Sharma and Director AYUSH J&K, Dr. Nuzhat Bashir Shah, and was meticulously supervised by District Nodal Officer

AYUSH Dr. Renu Dass. The celebration was graced by Chairman District Development Council Keshav Dutt Sharma, and MLA Samba, Surjeet Singh Slathia, as the honorary guests. The programme commenced with a welcome address by Medical Officer AHWC Gho Brahmna Dr. Rozy, followed by a collective demonstration of Common Yoga Protocol led by expert yoga instructors. The session saw active and enthusiastic participation from officials, dignitaries and the general public alike.

As a gesture of goodwill and to promote Ayurveda-based health practices, the dignitaries present were felicitated with medicinal planters by the Department of Ayush Samba.

DLSA Udhampur organises yoga session to mark International Day of Yoga

HT NEWS DESK

UDHAMPUR, JUNE 21: District Legal Services Authority (DLSA) Udhampur, under the guidance and supervision of Principal District & Sessions Judge (Chairman DLSA) Virinder Singh Bhou and Secretary DLSA Dr. Smriti Sharma, celebrated International Yoga Day with great enthusiasm at the District Court Complex.

The program saw active participation from the judicial officers, Legal Aid Defense Counsel (LADCs), Panel Lawyers, judicial staff and Para Legal Volunteers (PLVs). The program commenced with an introduction to the significance and benefits of

yoga, delivered by Adv. Sanjeet Kumar, Panel Lawyer.

The celebration aimed to promote physical and mental well-being among participants aligning with this year's global theme- "Yoga For One Earth, One Health."

The yoga session was expertly conducted by Dr. Makhan Lal Gupta and Ashok Abrol, the Yoga instructors from Bharatiya Yog Sansthan, Udhampur.

The participants practiced Tadasana (Mountain Pose), Chakra-asana (Wheel Posture), Anjaneya-asana (Bow Moon Pose) Ardhanandrasana (Half-Moon Pose), Baum Position (Vrksasana), Herab-schauender Hund (Adho Mukha Svanasana), etc.

PM Modi's Vision Powers 11th International Yoga Day Celebrations at Khel Gaon, Nagrota

Yoga is India's Soft Power and Global Gift: Devyani Rana

HT NEWS DESK

Nagrota, 21 June 2025: Referring to the vision of Hon'ble Prime Minister Narendra Modi ji, who has played a pivotal role in bringing yoga to the global stage by spearheading the adoption of International Yoga Day by the United Nations, Devyani Rana, State Vice President of BJYM, today said, "Under the inspiring leadership of Prime Minister Narendra Modi ji, yoga has become India's soft power, resonating across borders and cultures. His call for 'One Earth, One Health' truly embodies the universal message for the welfare of humanity." Devyani Rana, speaking on the sidelines of the 11th International Yoga Day celebrations at Khel Gaon, Nagrota, organized by the Directorate of Youth Services and Sports, said that yoga has today transcended its ancient roots to become a vital modern-day necessity. She said, "In today's fast-paced and often stressful world,



yoga offers a holistic approach to health by integrating body, mind and spirit. For the youth, yoga is not just a physical discipline but a powerful tool for fostering emotional resilience, mental clarity and inner strength." Calling upon the younger generation, Devyani Rana urged them to embrace yoga not merely as a fitness routine but as a way of life that ensures holistic development and balanced living. She also emphasized the need for youth to stay away from drug abuse and dedicate

themselves to a healthier, more mindful and purposeful lifestyle, contributing towards a stronger, self-reliant India.

Speaking on the occasion, Ms. Anuradha Gupta, Director General of Youth Services and Sports, emphasized that yoga's relevance has grown manifold in the modern era marked by mental health challenges and lifestyle disorders. "Yoga is not limited to physical fitness; it is a complete science of well-being, helping individuals attain inner peace, emotional balance and clarity of thought. Its consistent practice can transform lives and strengthen communities," she remarked.

The celebrations saw enthusiastic participation from students representing various zones of District Jammu. With precision and grace, participants showcased various yoga asanas, reflecting discipline, mindfulness and harmony. The event emerged as a vibrant display of cultural unity, highlighting yoga's universal appeal across diverse communities, age groups and backgrounds.

GCW Parade celebrates International Yoga Day with 10-Day Wellness Program

HT NEWS DESK

JAMMU, JUNE 21: To mark the 11th World Yoga Day celebration, the Government College for Women (GCW), Parade Ground, in collaboration with the Government Ayurvedic Hospital, Jammu, successfully organized a comprehensive 10-day wellness program from June 12 to June 21, 2025, highlighting the multifaceted benefits of yoga and its relevance in modern life.

The celebration commenced with a vibrant Inaugural Ceremony on June 13, graced by the Principal of the college, Dr. Ravender Kumar Tickoo as the Chief Guest. A keynote address titled "Yoga: India's Gift to the World" by Dr. Arun Gupta, Medical Officer was followed by a demonstration of basic asanas and Surya Namaskar. Health guidelines and a full workshop schedule were dis-

tributed to participants. Each day of the event was themed to explore various dimensions of yogic practice. The 10 day wellness program ended today with a mass yoga session attended by NSS volunteers, students and faculty of the college amid live streaming of Prime Minister Narendra Modi's address at the Yoga Sangam event and a valedictory address by the Principal of the college, Dr. Ravender Kumar Tickoo. The Principal praised the initiative of the organisers and the enthusiastic participation by students, NSS volunteers, faculty and local community members. He emphasized yoga's role in personal well-being, environmental consciousness and holistic education. Dr. Arun, Dr. Neha Chib, Medical Officers, Dr. Neelam, Senior Yoga Instructor, Dr. Mamta and Dr. Sukhmeet were the resource persons.

LG's Office undermining Democratic Governance in J&K: Rattan Lal Gupta

Welcomes Omar Abdullah's Chenab water utilization plan for Jammu region

HT NEWS DESK

Jammu, June 21: Advocate Rattan Lal Gupta, Provincial President of the Jammu and Kashmir National Conference (JKNC), has raised serious concern over the continued interference by the office of Lt Governor in the functioning of the democratically elected government headed by Chief Minister Omar Abdullah in Jammu and Kashmir. He termed the situation as "undemocratic, unconstitutional, and deeply troubling" for the people of Jammu and Kashmir. While interacting with senior functionaries of Party at Sher-e-Kashmir Bhawan here today, the senior NC leader said "India is a democratic country where governments are elected by the people, and their mandate must be respected. The people of J&K have chosen their representatives with the hope that, as assured by the



Hon'ble Prime Minister and Home Minister, full statehood would be restored and the democratic machinery would function smoothly. But unfortunately eight months have passed, and the Centre has miserably failed to restore the statehood to J&K and the LG Office has still not send back the Business Rules to the elected government."

Rattan Lal Gupta said that although the Home Department including Law and Order remains under the exclusive control of the Lieutenant Governor as stated by himself while the rest of the departments

are under the control of the elected government. Yet, the LG Office continues to meddle in day-to-day governance, creating a dual power structure that is causing institutional confusion and administrative chaos.

He said, "If the Chief Minister-led government do something in the larger public interest, the LG's office must appreciate the working of the popular government but the LG Office thinks otherwise. Such actions are sending a wrong message that the mandate of the people is being undermined and disrespected."

Kathua celebrates 11th International Day of Yoga amid overwhelming public participation

HT NEWS DESK

KATHUA, JUNE 21: The 11th International Day of Yoga (IDY) 2025 was celebrated amid great fervour and enthusiastic public participation across the district of Kathua. The main event was organised at the Sports Stadium by the District Administration in collaboration with the Department of AYUSH and other allied departments. The venue witnessed a massive turnout of people from all walks of life who gathered in the wee hours, braving intermittent rain showers to take part in the yoga session.

The mega yoga session was presided over by Deputy Commissioner Dr. Rakesh Minhas, and attended by DDC Chairman Col (Retd.) Mahan Singh and MLA Kathua Dr. Bharat Bhushan, besides Vice Chairman DDC Raghunandan Singh, DDC Marheen Karan Attri and DDC Nagri Sandeep Majotra. In his address, Dr. Minhas highlighted the importance of adopting yoga as a daily practice to achieve physical, mental, and spiritual well-being. He appreciated the enthusiasm of participants who defied the weather to join the celebration.

The yoga session commenced at 6:00 AM with a structured demonstration of the Common Yoga Protocol led by



expert instructors from the AYUSH Department. The instructors guided the crowd through a series of yoga asanas, pranayama and meditation techniques. The participants, comprising students, officials, police personnel and members of civil society, followed the session with energy and dedication. At the culmination of the event, a collective Sankalp (pledge) was taken by all participants to integrate yoga into their daily lifestyle. As a token of appreciation, yoga instructors were felicitated by the dignitaries for their exemplary contribution to the success of the event. Alongside the district-level celebration, International Day of Yoga

was also observed with similar zeal in all sub-divisions of Basohli, Billa-war, Hiranagar and Bani. At Basohli, local MLA Darshan Singh, ADC Pan-kaj Bhagotra and a large number of locals, students and officials participated in the yoga session, reflecting a growing public awareness towards health and wellness. The event in Billa-war also witnessed a spirited turnout, with participants performing yoga postures in unison, underlining the collective commitment to fitness and inner balance. The event witnessed participation of MLA Billa-war Satish Sharma, DDC Billa-war Bikram Singh, officers from Administration and a large number.

Satish Sharma attends 11th International Day of Yoga celebration in Jammu

Asks for adopting Yoga in daily routine for spiritual, overall well being

HT NEWS DESK

JAMMU, JUNE 21: Jammu & Kashmir celebrated the 11th International Day of Yoga with grand fervor and overwhelming participation, marking a joyous convergence of wellness and spiritual unity. Minister for Youth Services & Sports, Food, Civil Supplies & Consumer Affairs and Transport, Satish Sharma, participated in the mega event held at Gulshan Ground as chief guest.

Speaking on the significance of the day, the Minister said, "under one sky and with one spirit, thousands of yoga lovers from Jammu & Kashmir have come together to spread the message of harmony, wellness and unity." He highlighted the significance of this year's theme titled "Yoga for One Earth, One Health", underscoring yoga's vital role in promoting not just physical fitness, but holistic well-being and environmental harmony.

"India, the birthplace of Yoga, has given



the world a priceless legacy, an age-old science that unites the body, mind and the soul," he said. Satish Sharma noted that more than 170 countries now observe International Yoga Day, following India's proposal to the United Nations. He emphasized how Yoga has become a universal movement for health and inner peace.

"In today's stressful world, students frequently face emotional and academic

pressures. Yoga is one of the best tools to overcome these challenges. It helps control stress, calm the mind and reduce anxiety. Urge our youth and masses to incorporate Yoga into their daily routine. It will not only enhance their mental and emotional strength but also build confidence and focus, maintained the Minister."

Acknowledging the efforts of the J&K government in mainstreaming Yoga across

all sectors, the Minister said that from integrating Yoga in school curriculums to establishing AYUSH Wellness Centres and launching community outreach programmes, the government is ensuring access to natural, preventive and holistic healthcare for every citizen.

The Minister complimented the Health & Medical Education Department and the Directorate of Ayush J&K for organizing the grand celebration. He also appreciated the contribution of distinguished guests, Yoga practitioners and other participants in the success of this mega event.

The event witnessed the participation of Chairman, District Development Council Jammu, Bharat Bhushan; Divisional Commissioner Jammu Ramesh Kumar; IGP Jammu Zone, Bhim Sen Tuti; DIG, Jammu-Samba-Kathua Range, Shiv Kumar Sharma; Deputy Commissioner Jammu, Sachin Kumar Vaishya; Senior Superintendent of Police Jammu, Joginder Singh, large number of district officers, citizens and students.

11th International Yoga Day Celebrated Enthusiastically in District Ganderbal

HT NEWS DESK



Ganderbal, June 21: The 11th International "Yoga Day" was celebrated with remarkable enthusiasm and widespread participation across District Ganderbal, turning the entire district into a hub of wellness and mindful living.

The main district-level function was organized at the "Government College of Physical Education, Gadoora," under the supervision of the District Administration. Over 500 students from various schools participated actively in the grand yoga session held at the venue, reflecting the growing awareness and commitment towards holistic health.

In a unique and picturesque twist to this year's celebration, "Manasbal Park" saw 150 students participating in an invigorating morning yoga session amid natural surroundings. Meanwhile, a group of 50 students took part in a special event at the internationally renowned tourist destination Sonamarg, combining serenity with fitness in the lap of the Himalayas.

The celebrations didn't remain limited to these marquee events. Yoga sessions were conducted in every school across the district, with a total of over 15,000 students enthusiastically participating. Students assembled in the early morning hours, demonstrating extraordinary discipline, energy, and unity in embracing the ancient Indian practice.

Higher Secondary School Bhalra Celebrates International Yoga Day

Amir Iqbal Khan

Bhalra, June 21: Stepping in to the nationwide enthusiasm related to the Celebration of "International Yoga Day" PM Shri Govt. Higher Secondary School Bhalra, Bhalderwah today held an event in which in collaboration with 10 J&K BN NCC Bhalderwah under this year's global theme: "Yoga for One Earth, One Health." On this occasion, a Yoga session was conducted in the central garden of the school where NCC Cadets, Ex-Cadets, students and staff members actively participated. The session was conducted under the guidance of PEM Vijay Kumar, Adarshika Manhas and Sonam Devi.

Dr. Sanjeev Kumar Koul (Associate NCC Officer / Zonal Cultural & Counseling Incharge) addressed the gathering and briefed the participants on the significance of the day and the benefits of Yoga. Among the speakers who addressed the gathering included NCC cadets and students who shared their thoughts on Yoga.

Adarshika Manhas, Vanshika Raina, Tejaswani Kotwal and cadets Kush Kumar, Aryaveer Kotwal, Rettish focussed on the basics of Yoga and urged the participants to adopt it in their day today practices.

J&K BS&G commemorates Int'l Yoga Day amid vibrant celebration!

HT NEWS DESK

JAMMU, JUNE 21: The Jammu & Kashmir Bharat Scouts and Guides marked International Yoga Day 2025 with a vibrant celebration at its Headquarters here in Gandhi Nagar.

The event was led by Administrative Officer Nasreen Khan. As many as 50 Scouts, Guides, leaders, and officials actively participated in the yoga session, showcasing unity and commitment toward a healthy lifestyle.

Yoga session was conducted by the Administrative Officer herself. Scouts, Guides, Rovers, Rangers and leaders performed asanas under expert instruction. The celebration was held under the theme "Yoga for One Earth, One Health," reflecting the global call for unified physical and environmental wellness.

Empowering Tribal Communities: DAJGU campaign held at Panchayat Kandolo- Bhallessa

HT NEWS DESK

DODA, JUNE 21: A Dharti Aabha Janjatiya Gram Utkarsh Abhiyan awareness and saturation camp was organised today at Panchayat Kandolo, Block Bhallessa, Sub-Division Gandoh.

A range of services and awareness activities were organized during the Abhiyan, including medical check-ups, Aadhaar enrolment, PMJAY (Ayushman Bharat) card registration and the distribution of IEC materials related to health, sanitation and education. Multiple departmental stalls were set up to guide beneficiaries about government welfare schemes such as PMAY-G, MGNREGA, NRLM and Scholarship Schemes for tribal students.

Fervor, gaiety mark 11th International Yoga Day celebration across Kishtwar District

HT NEWS DESK

KISHTWAR, JUNE 21: The 11th International Day of Yoga was celebrated with immense zeal and festive spirit across District Kishtwar under the global theme, "Yoga for One Earth, One Health."

The district-level event was organized on the historic Chowgan Grounds witnessing overwhelming participation from over 2,500 individuals representing all age groups and diverse walks of life.

Senior citizens, women, children, government officials, prominent citizens, and students from local schools gathered at the venue reflecting a shared commitment to embracing yoga as a holistic path to

physical, mental and spiritual well-being.

Local MLA Shagun Parihar, Deputy Commissioner Pankaj Kumar Sharma, SSP Naresh Singh, ADC Pawan Kumar Kotwal ACR Idrees lone besides other district and Sectoral Officers from the Civil Administration, Police, CRPF and other Paramilitary Forces were part of the event.

A live yoga demonstration was skillfully performed by professional instructors from the AYUSH Department, showcasing various asanas and highlighting the transformative power of yoga.

In addition to the main event, Yoga Day was celebrated simultaneously in all educational institutions, Anganwadi Centres and AYUSH Wellness Centres

across the district.

Similar programs were also held at the Sub-Divisional level at Chatroo, Paddar and Marwah, as well as at Tehsil and Block headquarters, ensuring district-wide engagement and participation in the global celebration of yoga.

The district administration appreciated the collective efforts of all departments and participants for making the celebration a resounding success, reinforcing the message of unity, wellness and harmony through yoga.

At the conclusion of the event, the District Administration felicitated officials from various departments who worked tirelessly to make the Yoga Day celebration a success and recognized their efforts.

Grand celebration mark 11th International Yoga Day 2025 held across Doda District Serene Gatha Park Bhalderwah hosts main event

HT NEWS DESK/KNS

Doda, June 21: The 11th International Yoga Day was celebrated with great excitement and energy across District Doda, with the main event held at the picturesque Gatha Park in Bhalderwah. More than 2600 people, including school students, government officials, senior citizens, NCC cadets, PRI members and differently-abled persons joined the event in presence of the Chief Guest DDC Chairman, Dhananther Singh Kotwal, Guest of Honour Deputy Commissioner, Harvinder Singh and dozens of government functionaries. The event began with the singing of the National Anthem, fol-

lowed by a refreshing yoga session led by well-known Yoga Expert Acharya Shri Anil. One of the most special parts of the event was the active participation of differently-abled people and senior citizens in the "Yog Samavesh" session, showing that yoga is for everyone. A tree plantation drive themed "Harit Yoga" was also launched by the chief guest to spread the message of health and a clean environment. Along with this, a cleanliness drive was held near water bodies and nearby areas to promote hygiene and care for nature. To make the event more fun for children, a painting competition on the theme of yoga was organized. A "Yoga Unplugged Zone" was also set up for the youth, encouraging them to connect with yoga in a creative way. The yoga demonstrations were led by yoga trainers Anil Yogi, Nidhi Padha (Yoga Therapist), Faizan Ul Haq, Sajawal, Kame Kumar and Nawaz, helping people learn correct techniques. Yoga Day was also celebrated at many other places in the district, such as Doda Town, Thatthri, Lal Draman, Government Degree Colleges of Doda and Bhalderwah and in all government schools. The programs were held under the guidance of Dr. Ajay Kumar Tikoo, District AYUSH Officer Doda and coordinated by Dr. Manjit Singh (Medical Officer) and the Ayush.

Wildlife Protection, FPF coordinate to celebrate 11th International Day of Yoga

HT NEWS DESK

JAMMU, JUNE 21: Forest Protection Force (FPF) along with Department of Wildlife Protection celebrated the 11th International Day of Yoga at former Gamma Unit, Sidhra. The officers and field staff of both departments enthusiastically participated in the event.

The PCCF/Director Forest Protection Force & Chief Wildlife Warden addressed the gathering and highlighted the importance of yoga in daily life.

Participants performed various yoga asanas under the guidance of a professional yoga instructor. At the conclusion of the session, they were encouraged to adopt yoga as a regular practice for physical, mental and spiritual fitness.

DLSA Jammu hosts yoga session cum awareness program to mark 11th Int'l Day of Yoga

HT NEWS DESK

JAMMU, JUNE 21: District Legal Services Authority Jammu, under the guidance of Chairman, Y. P. Bourney, (Pr. Distt. & Sessions Judge), commemorated the 11th International Day of Yoga by organising a yoga session cum awareness program here in the Lawyers' Chamber Conference Hall, District Court Complex.

The programme was conducted under the supervision of Ritesh Dubey, Additional District and Ses-

sions Judge & Dr. Smriti Sharma, Secretary District Legal Services Authority.

The celebration was graced by the presence of Judicial Officers, LADCs, Panel Lawyers, PLVs and court staff, who gathered early in the morning to participate in the yoga session led by certified instructors from the Art of Living.

The event focused on this year's theme "Yoga for One Earth, One Health," emphasizing the importance of yoga in achieving holistic health. The yoga session was

expertly conducted by Professor and State Coordinator (STC), Jammu & Kashmir and Ladakh of Art of Living Trust, Rajan Salalia, along with two subordinates.

The session included guided breathing exercises (Pranayama), yoga postures (Asanas) and meditation, promoting physical health, mental clarity and emotional well-being. This joint initiative aimed to create awareness about the preventive and therapeutic benefits of yoga, especially in today's fast-paced lifestyle.

DC Reasi finalises arrangements for annual Kousar Nag Yatra

HT NEWS DESK

REASI, JUNE 21: Deputy Commissioner (DC) Nidhi Malik chaired a comprehensive review meeting today to finalize arrangements for the annual Kousar Nag Yatra. The meeting aimed to ensure a safe, smooth and well-organized pilgrimage for the devotees. The Kousar Nag Yatra is an annual 4 day yatra that commences from the District Reasi.

The Deputy Commissioner emphasised the need for meticulous planning and stressed the importance of close coordination among all departments to facilitate a seamless experience for the pilgrims. She highlighted the necessity of robust security measures and comprehensive medical services for the well-being of the pilgrims. The discussions also covered crucial logistical arrangements, including transportation, accommodation, sanitation and medical support.

DC Nidhi Malik conducted a thorough review of security plan in collaboration with senior officials from the Police, Army and CRPF. She underscored that the secu-



rity of the pilgrims is of paramount importance and urged the security agencies to maintain close coordination.

The Chief Medical Officer (CMO) was directed to ensure the availability of sufficient medicines, along with deployment of doctors and paramedical staff along the route. To ensure basic amenities, DC Reasi instructed the PDD and PHE departments to provide uninterrupted water supply and electricity, supported by gensets,

throughout the Yatra route. The BDO Chasana, who also serves as the Yatra Officer was tasked with ensuring that the trekking path is fully prepared and equipped with necessary facilities.

The SDM Mahore was asked to proactively oversee the overall preparations of the Mela within the subdivision. Additionally, DC Malik directed PMGSY, PWD and GREP to ensure that roads, particularly in landslide-prone areas are repaired and

safe for travel.

To maintain hygiene and comfort, the SDM and ACD Reasi were directed to ensure that an adequate number of functional washrooms especially for women are available along the route.

The DC also emphasised that security forces can assist tourists by installing ropes and steps along glaciers or snowy trails to ensure their safety. The Tourism Department was tasked with increasing awareness of the Yatra through appropriate publicity measures such as hoardings and banners. DC Nidhi Malik also sought valuable suggestions from the President and members of the Kousar Nag Yatra Committee to further enhance the pilgrimage experience. She emphasized the collective responsibility of all stakeholders to ensure that the Yatra proceeds smoothly, allowing pilgrims to undertake their journey with peace and devotion.

The meeting was attended by ADC Rakesh Kumar, ASP Iftikhar, Tehsildar Reasi, CMO, DIO and other senior officers. SDM Mahore and other sectoral officers participated virtually.

Punjab: CM completes process to give govt jobs to 54,422 youth

UNITED NEWS OF INDIA
Chandigarh, June 21

Chandigarh, June 21 (UNI) Punjab Chief Minister Bhagwant Singh Mann continued his initiative to provide government jobs to the youth by completing the process of handing over appointment letters to 54,422 individuals on Saturday.

"I stand here today to distribute job letters to 281 newly selected youth, which is a testament to my government's commitment to providing jobs in a fair and transparent manner," he said.

Addressing the gathering after distributing the appointment letters, Mann stated that the corrupt and regressive policies of previous regimes had jeopardized the future of the state's youth.

He said many young people received jobs late because earlier governments had shown no real concern for employment generation, betraying the people of Punjab. He asserted that while the families of these political leaders are well-settled, they left no stone unturned to damage the careers of ordinary youth.

In contrast, the Chief Minister highlighted that the state government has recruited 54,141 candidates across various depart-



ments since April 2022. He said that with the current batch, this figure has now reached 54,422.

Calling it a historic day – both due to its astronomical significance as the longest day of the year and for the new recruits, Mann emphasised that these jobs were earned through hard work saying that this is not their last job opportunity as the

government is preparing to offer many more.

Mann accused traditional political leaders of colluding behind the scenes for personal gains while pretending to oppose each other in public.

He said that these leaders spit venom against one another from public stages but embrace each other at private functions – exposing

their hypocrisy.

"In villages, people fight over political differences while the leaders attend each other's celebrations," he said.

The Chief Minister reaffirmed that all recruitments have been made purely on merit, with candidates clearing competitive exams. He said the core agenda of his government has been to empower the youth by integrating them into governance, thus enabling them to contribute meaningfully to the socio-economic development of the state and country.

Mann urged the new recruits to serve the people with a missionary zeal, describing them as now being integral parts of the government. He said many young people received jobs late because earlier governments had shown no real concern for employment generation, betraying the people of Punjab. He asserted that while the families of these political leaders are well-settled, they left no stone unturned to damage the careers of ordinary youth.

In contrast, the Chief Minister highlighted that the state government has recruited 54,141 candidates across various departments since April 2022. He said that with the current batch, this figure has now reached 54,422.

Trump criticises Europe's mediation efforts in Israel-Iran conflict

UNITED NEWS OF INDIA
Trenton, June 21



US President Donald Trump has heavily criticised Europe's efforts to end the Iran-Israel conflict through diplomatic means, stating "Europe is not going to help in this."

"They didn't help. Iran doesn't want to speak to Europe. They want to speak to us. Europe is not going to be able to help in this," Trump claimed, reports Times of Israel.

Senior European officials from the UK, France, Germany, Netherlands, Sweden, Belgium, and several other EU nations had met Iranian Foreign Minister Abbas Araghchi in Geneva on Friday, hoping to strike an accord. However, the attempts proved fruitless. Trump said he will "always (be) a peacemaker," but "sometimes you need some toughness to make peace." Answering reporters upon his arrival in New Jersey, Trump, when asked whether the US would intervene militarily, said "That's the last thing you want to do," adding that he was giving "Iran some time," referring to the two weeks he had given Iran to come to deal before Trump seriously considers US military intervention. Asked if US is potentially being dragged into the deadly conflict under false pretexts, Trump said that in the case of the Iraq war over 20 years ago, there were no weapons of mass destruction. In the current scenario, however, Iran has amassed a "tremendous amount of material" and was "within a matter of weeks, or certainly within a matter of months (from being) able to have a nuclear weapon."

Talking about US Director of National Intelligence Tulsi Gabbard's March assessment to Congress that Iran had not made a decision to build a nuclear weapon, he contradicted her and said "She's wrong."

Iran accuses US of using Tehran's talks with Trump as 'cover' for Israeli strikes

UNITED NEWS OF INDIA
Tehran, June 21

Iranian Foreign Minister Abbas Araghchi has said that Iran is no longer certain if it can trust the United States in mediating peace talks with Israel, alleging that President Donald Trump's negotiations were a "cover" for Israeli attacks on his country. Araghchi accused Washington of "betrayal to diplomacy," saying US officials "must show their determination for negotiating a solution," in an on-camera interview with NBC News on Friday. "We have come to the conclusion that negotiations by the US was in fact a cover for what the Israelis did," he



added. "We don't know how we can trust them (the US) anymore." Israel recently carried out a series of aerial strikes on Iran, hitting its Isfahan nuclear research complex – the country's largest nuclear complex. While there was some

infrastructure damage, no hazardous leaks occurred, confirmed Iranian authorities. The IDF also allegedly targeted a residential building in Iran's Qom province, which led to the deaths of two civilians, four injuries, and strong property damage. Araghchi arrived in Turkey on Friday night, ahead of a Saturday meeting of the 57-nation Organisation of Islamic Cooperation, where he condemned 'Israeli aggression.' Speaking to Iranian media in Istanbul, Araghchi said he would "make full use of this opportunity in order to make the innocent and righteous voice of the Iranian people heard."

Amit Shah reviews Karnataka BJP affairs, stresses unity

UNITED NEWS OF INDIA
Bengaluru, June 21

Karnataka BJP president Vijayendra Yediurappa on Saturday said that Union Home Minister Amit Shah held a crucial meeting with state leaders to assess the political situation in Karnataka and guide the party's future course, with a strong emphasis on internal unity.

Following the meeting, Vijayendra said the central message from the leadership was clear: "This is the time for us to set aside differences and come together. Only when we unite will our workers feel respected, and the people of the state will place their trust back in us."

Framing this as a defining moment for the state BJP, Vijayendra added,

"We have wholeheartedly accepted this call for unity. The only way forward is by rising above internal differences and presenting a strong, united front." He also pointed to growing public dissatisfaction with the Congress government, stating that since coming to power, it has functioned in a divisive manner and that its policies have adversely impacted farmers and the poor. "We raised these concerns with the Union Home Minister and shared our observations from the ground," he said. Highlighting the role of the BJP as a responsible opposition, Vijayendra noted, "In a democracy, the opposition has a duty greater than the ruling party. Over the last five to six months, we have consistently exposed the failures."

Italian PM Giorgia announces new initiative to address debt burden of African countries

UNITED NEWS OF INDIA
Rome, June 21

Italian Prime Minister Giorgia Meloni announced a new initiative to address debt burdens of African countries at an international meeting held in Rome.

Meloni co-chaired the meeting on Friday with European Commission President Ursula von der Leyen, which was attended by representatives from some African countries and international financial institutions.

The initiative is in part intended to reduce migration from Africa to Europe by boosting economic development in African countries, highlighting an alignment between Italy's ambitious 'Mattei Plan for Africa with European Union's Global Gateway' investment plan which prioritises investment in Africa's infrastructure. "By strengthening Africa, we strengthen Europe," Meloni said.

"Africa is a continent where our future is at stake. Together we must create the conditions for our mutual stability. This summit is a fundamental step in the internationalisa-



tion of the Mattei Plan," she added. "The entire 10-year operation will allow us to convert some 235 million euros (USD 270.83 million) of debt into development projects to be implemented locally," Meloni said about the new initiative. According to her, the initiative is also expected to help reduce the debt of lower-middle income African countries by 50%. The "shared commitments towards the African continent" presented by the EU and Italy at the meeting were worth 1.2 billion euros (USD 1.38 billion), according to a statement.

Revival of peace reflected in tourist footfall at Manas: Assam CM

UNITED NEWS OF INDIA
Guwahati, June 21

Assam Chief Minister Himanta Biswa Sarma on Saturday said the revival of peace across Assam was reflected in the rise in footfall at the Manas National Park and tiger reserve.

He said this while taking part in the 11th International Day of Yoga held at the Salbari College playground in Baksa on Saturday. The event was jointly organised by the National AYUSH Mission, Assam, the Bodoland Territorial Council and the Baksa district administration. It centred on



the theme 'Yoga for One Earth, One Health'.

Speaking at the event, Sarma noted that yoga contributes to physical well-being, mental composure, and a sense of purpose, which accounts for its increasing global relevance and integration into contemporary life.

He attributed the international recognition of yoga to Prime Minister Narendra Modi's efforts, particularly his address to the United Nations General Assembly on September 27, 2014, which resulted in the UN's formal declaration of June 21 as International Yoga Day on December 11, 2014.

Putin says Kremlin, IAEA have no evidence on Iran's N-weapons

UNITED NEWS OF INDIA
Moscow, June 21

Russian President Vladimir Putin said that neither the Kremlin nor the International Atomic Energy Agency (IAEA) have evidence which

supports allegations of Iran's weaponisation of its nuclear program. Putin, speaking in an interview earlier with Sky News Arabia, put out on Saturday, said "I have to say that Russia, as well as the IAEA, has no evidence that Iran is preparing to acquire nuclear weapons. We have repeatedly informed the Israeli leadership about this."

On Wednesday, the IAEA director general Rafael Grossi had also said that the UN nuclear watchdog had not seen concrete evidence that Iran

has an active nuclear weapons programme.

However, the amount of uranium enrichment detected was said to be much higher than what was needed for civilian use.

Israel and the US have repeatedly said that Iran's nuclear program has always been intended for weaponisation, with US President Donald Trump stating that Tehran can never be allowed to have a nuclear bomb.

Israeli forces eliminate Palestine Corps commander Izadi, IRGC drone chief Joudaki

UNITED NEWS OF INDIA
Jerusalem, June 21

Intensifying its operations further, Israeli armed forces claimed to have eliminated key targets involved in attacks against the country. This includes Saeed Izadi, commander of the Palestine Corps within Iran's Quds Force, and Aminpour Joudaki, the IRGC's drone chief, reports Iran International.

Izadi was killed in a strike on an apartment in central Tehran, Israeli Defence Minister Israel Katz said Saturday.

Katz said Izadi was responsible for funding and arming Hamas ahead of the October 7 attack, and called the operation a major achievement for Israeli intelligence and the air force. "Israel's long arm will reach all its enemies," he said.

Additionally, the Israeli Air Force also killed Aminpour Joudaki, the commander of the second UAV brigade of the IRGC Air Force.

"As part of his role, Aminpour Joudaki advanced hundreds of UAV attacks against Israeli territory from the area of Ahvaz in southwestern Iran," the IDF said in a statement.

ED raids Shyam Bearing Ltd office in alleged fraud case

UNITED NEWS OF INDIA
Kolkata, June 21

The Enforcement Directorate (ED) has seized many valuables, including gold jewellery worth over Rs 2.57 crore and over Rs 10 lakh in cash during raids at properties belonging to Shri Shyam Bearing Ltd in a bank fraud case under the provisions of Prevention of Money Laundering Act (PMLA), official sources said on Saturday.

The raid and search operations by the ED were conducted on Thursday following registration of an FIR by the CBI under various sections of IPC

alleging that the private firm and its associated entities defrauded the State Bank of India (SBI) between 2008 and 2015 by submitting forged documents to fraudulently avail loans causing a loss of Rs.12.08 crore to the PSU. "The fraud involved the use of forged property title deeds, including one that belonged to a deceased person and another that had already been sold, to secure and renew loan limits," the ED statement said.

The investigation by the ED has revealed that Shri Shyam Bearing Pvt. Ltd. has siphoned the loan money through various shell entities.

President Putin weighs in on Russia-Ukraine and Israel-Iran wars, clarifies Moscow's stance

UNITED NEWS OF INDIA
Moscow, June 21

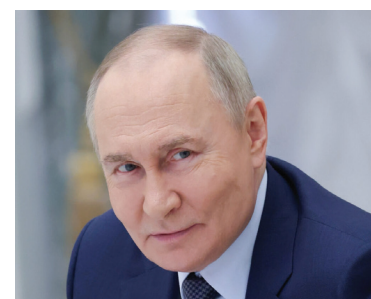
Weighing in on the Russia-Ukraine war, and the ongoing Israel-Iran war, Russian President Vladimir Putin highlighted their key aspects, and clarified Moscow's stance on both of them, in an interview with Sky News Arabia.

Speaking on the Ukraine war, Putin claimed that external powers are actively blocking a peaceful resolution, accusing them of using Ukraine

as a proxy to serve their own strategic goals.

"Ukraine deserves a better fate than to be a tool in the hands of external parties working against Russia," he said, calling for a settlement that would ensure Ukraine's neutrality and end its pursuit of alliances, particularly military blocs.

He insisted that Ukraine must renounce any ambitions related to nuclear weapons, describing it as a critical step toward regional stability.



Putin also maintained that any lasting agreement must include recognition of the referendums held in

four regions now claimed by Russia, warning that dismissing these results could reignite full-scale conflict. He pointed to the 2022 Istanbul talks as a missed opportunity, suggesting both sides had come close to a deal before it was derailed.

Ukraine's current leadership, he said, should act in the country's own national interest rather than following the agenda of outside actors. Resolving outstanding humanitarian issues, he added, must be a key part of any future settlement.

Rs. 13.58 lacs worth stocks of pharma preparations prone to addiction seized by D&FCO

Suspends Drug Sale Licenses of 09 Pharma dealers

HT NEWS DESK

SRINAGAR, JUNE 21: In its continued efforts to curb the misuse of pharmaceutical preparations comprising of habit-forming ingredients, Drugs & Food Control Organisation (D&FCO), J&K undertook a major drive to identify & take punitive action against scrupulous elements dealing with such drugs in a clandestine manner.

During the drive, it came to fore that some wholesale firms are indulging in procurement of certain pharmaceutical preparations consisting of Pregabalin as an active ingredient, which is prone to addiction, directly from the suppliers based outside Jammu & Kashmir through a clandestine manner.

Upon scrutiny of records of such firms, it was established that they have procured and distributed these medicinal preparations

without maintaining the sale records properly as mandated under the provisions of Drugs & Cosmetics Act, 1940 & rules there under.

As such, punitive action was initiated against 09 Pharma dealers & their Drug Sale Licenses were suspended.

Stocks of pharmaceutical preparations which are prone to addiction worth Rs. 13,58,900 have also been seized from the supply chain to avoid their pilferage into the hands of the nefarious elements, and custody permission of the same have been obtained from the Hon'ble Court of Law.

Lotika Khajuria, State Drugs Controller, J&K has reiterated that no person/firm shall indulge in procurement of lesser-known brands of drugs formulations comprising of habit forming ingredients directly from the suppliers/manufacturers located outside Union Territory of

Jammu and Kashmir in a clandestine manner or through online platforms or through courier service providers/speed post etc.

In case any violation is reported, the defaulters shall be dealt strictly in accordance with zero-tolerance policy adopted by Union Territory of J&K against persons involved in promoting drug abuse which warrants the cancellation of such licenses as also legal mandate. Lotika Khajuria, State Drugs Controller, J&K has reiterated that no person/firm shall indulge in procurement of lesser-known brands of drugs formulations comprising of habit forming ingredients directly from the suppliers/manufacturers located outside Union Territory of Jammu and Kashmir in a clandestine manner or through online platforms or through courier service providers/speed post etc.

District Bandipora and Shopian received State of Art Liquid Nitrogen Delivery Vehicles from Livestock Development Board

HT NEWS DESK

Srinagar, 13-12-2024 - In a significant move to strengthen the implementation of artificial breeding programs in the field, Dr. Parvinder Singh, Director Animal Husbandry Department Kashmir/Chief Executive Officer of Livestock Development Board (LDB) today handed over two Liquid Nitrogen Delivery Vehicles to the Chief Animal Husbandry Officers (CAHOs) of Bandipora and Shopian districts.

The vehicles, procured under the revenue head of LDB Kashmir, are equipped to ensure the uninterrupted supply of germplasm and liquid nitrogen used in artificial insemination program. This initiative aims to bolster livestock productivity and enhance breeding services in these districts.

During the handing-over ceremony, the Chief Executive Officer emphasized the importance of



these vehicles in facilitating timely delivery of germplasm and liquid nitrogen to remote areas, ensuring seamless operations of artificial breeding centers. He stated, "The addition of these vehicles to the infrastructure of the Animal Husbandry Department reflects our commitment to modernizing livestock services and supporting farmers in improving the genetic potential of their livestock." The CAHOs of Bandipora and

Shopian expressed their gratitude to the Livestock Development Board, highlighting that these vehicles will address long-standing logistical challenges and significantly enhance field-level breeding services. This initiative aligns with the broader goals of the Livestock Development Board to promote sustainable livestock development and improve the livelihood of farming communities through efficient breeding programs.

India's active Covid cases dip to 5012, one death in past 24 hrs

UNITED NEWS OF INDIA
New Delhi, June 21

India's active Covid-19 case load continues its downward trajectory, with a total of 5,012 active cases reported across the country as of Saturday morning.

This marks a significant decrease over the past six days. In the 24 hours leading up to 8 am on Saturday, one death was recorded.

As per the data available from the Union Health Ministry, among the States which saw substantial decrease were Andhra Pradesh (37), Kerala (1043), Karnataka (277), Maharashtra (340) and Madhya Pradesh (108) while states like Manipur, Punjab and Uttarakhand registered an uptick in the virus load with 26, 11 and 2 respectively.

A total of 15,493 people have been discharged after successful treatment in 2025. A single fatality was reported from Rajasthan, involving a 20-year-old male with pre-existing health conditions.

The Health Ministry's data reveals that while the number of new cases remains relatively low, the health infrastructure continues to be on alert, with effective measures in place to monitor and contain any resurgence.

D&FCO Suspends Drug Sale Licenses of Nine Erring Pharma Dealers

HT NEWS DESK

JAMMU, JUNE 21: To curb the misuse of pharmaceutical preparations containing habit-forming ingredients, Empowered Authorities of Drugs & Food Control Organisation, J&K undertook a major drive to identify & take punitive action against unscrupulous elements dealing with such drugs in a clandestine manner.

During the drive, it surfaced that some wholesale firms are indulging in procurement of certain pharmaceutical preparations, containing Pregabalin as an active ingredient, which is prone to addiction, directly from the suppliers based outside Jammu & Kashmir through a clandestine manner.

Upon scrutiny of records of such firms, it was established that they have procured & distributed these medicinal preparations without maintaining the sales records properly as mandated under the provisions of Drugs & Cosmetics Act, 1940 & rules there under. Therefore, punitive action was initiated against Nine Pharma Dealers & their Drug Sale Licenses were suspended.

Stocks of pharmaceutical preparations which are prone to addiction worth over Rs 13,58 lakh have also been seized from the supply chain to avoid their pilferage into the hands of the



nefarious elements & custody permission of the same have been obtained from the Court of Law.

State Drugs Controller, J&K Lotika Khajuria has warned against such practices. "No person/firm shall indulge in procurement of lesser-known brands of drugs formulations consisting of habit forming ingredients directly from the suppliers, manufacturers located outside Union Territory of Jammu and Kashmir in a clandestine manner or through online platforms or through courier service providers/speed post etc &. In case any violation is reported, the defaulters shall be dealt strictly in accordance with zero-tolerance policy adopted by Union Territory of J&K against persons involved in promoting drug abuse which warrants the cancellation of such licences as also legal mandate" the Authorities warned

Shrine Board celebrates 11th International Yoga Day with Enthusiasm

HT NEWS DESK

Katra, June 21: The Shri Mata Vaishno Devi Shrine Board in collaboration with the Art of Living Foundation celebrated the 11th International Yoga Day with great fervor and enthusiasm at the Shri Mata Vaishno Devi Sports Complex, Katra. The event, themed "Yoga for One Earth, One Health," aimed to promote yoga as a powerful tool for individual transformation and societal well-being, emphasizing its benefits for physical, mental and spiritual health. Anshul Garg, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board observed that under the chairmanship



of Shri Manoj Sinha, Hon'ble Lt. Governor, JK-UT, the Shrine Board has established a serene Sports Complex in Katra, which now hosts yoga sessions alongside other sports activities. He highlighted yoga's significance in today's fast-paced world, emphasizing its role in fostering harmony and balance within oneself and society. He said that making Yoga a

way of life would go a long way for staff and other stakeholders in enhancing the efficiency and efficacy in management of hassle-free pilgrimage to Shri Mata Vaishno Devi Ji Shrine round the clock. The event featured a series of yoga and meditation sessions, led by experienced instructors from the Art of Living Foundation following the Common Yoga Protocol (CYP).

Number of participants including Board officers and staff, sportspersons, students, prominent citizens and local residents came together in unison to practice yoga and meditation for better health and wellness. The event took place from 6:15 AM to 8:00 AM. Notably, the International Day of Yoga has been regularly celebrated at the Shrine Board's Sports Complex since its inauguration by the Hon'ble Prime Minister in 2016, highlighting the Board's commitment to promoting yoga and wellness. To complement the main event, a yoga session was also organized at Shri Mata Vaishno Devi Institute of Medical Excellence.

By Promoting Yoga, India Offered World Path to Holistic Health: Yogi

UNITED NEWS OF INDIA
Gorakhpur, June 21

Chief Minister Yogi Adityanath on Saturday said yoga is a timeless gift of Indian wisdom that has become a global symbol of well-being.

Addressing yoga practitioners and trainers at Mahant Digvijaynath Memorial Hall on Gorakhnath Temple premises before joining them for yoga practice on the occasion of 11th International Yoga Day, the CM said that by promoting yoga as a tool for public welfare, India has offered the world a path to holistic health.

He said that on the 11th International Yoga Day, nearly 190 countries are proudly embracing India's yoga tradition. "Yoga is a wonderful practice from India's sage tradition that keeps both the body and the mind healthy," he said. Yogi extended greetings to the people of the state on International Yoga Day, emphasising India's age-old reverence for yoga. Quoting the ancient saying 'Sharir madhyam khalu dharmasadhanam', the body is indeed the means to fulfill Dharma, he said that all four pursuits of human life, Dharma, Artha, Kama, and Moksha, are rooted in physical well-being. He said, "A healthy body is essential not only for material success and personal fulfillment but also for spiritual advancement." He explained that yoga plays a vital role in keeping the body healthy so that one can pursue these

goals. "India has always used yoga as a way to support public welfare and through this, it has also guided the world toward universal well-being," he said.

The CM said, "Today we see many different aspects of yoga. India's rich tradition has introduced the world to higher states of awareness through yoga. From personality development to revealing the mysteries of the universe, this vast knowledge of yoga is preserved in our Vedas, Upanishads, Puranas, Smritis and other sacred texts." He credited Prime Minister Narendra Modi for reviving and globalising India's ancient yoga tradition. "At a time when other countries were attempting to patent yoga postures, PM Modi took the historic step of securing global recognition for yoga through the United Nations. As a result of his efforts, International Yoga Day has been celebrated worldwide every year since June 21, 2015, with participation from 190 countries today," he said. Yogi said, "International Yoga Day is a way to honour our sage tradition and help future generations stay connected to this rich heritage," he said. He also highlighted yoga's healing power, quoting the Sanskrit verse, 'Na tasya rogo na jara na mrytyuh praptasya yogagri-mayam shareeram', which means a body refined through yoga becomes free from illness, ageing and even death. Yogi expressed that it was his good fortune to participate.

International Yoga Day celebrated at Directorate of Health Services Jammu

HT NEWS DESK

JAMMU, JUNE 21: The Directorate of Health Services Jammu celebrated the 11th International Day of Yoga today with great fervour and enthusiasm aligning with this year's theme "Yoga for One Earth, One Health".

A synchronised relaxing and soothing yoga demonstration for mental wellbeing was led by volunteers Ishan Bhat, Umang Koul and Shubham Singh from ISHA Foundation (Miracle of Mind

Sadhguru). The event featured the "Miracle of Mind" program—a powerful initiative designed by Sadhguru to support mental well-being through a simple, guided 7-minute meditation. Just seven minutes a day can be a transformative step towards a more joyful and stress-free life".

The Director Health Services Jammu Dr. Abdul Hamid Zargar along with Deputy Director Schemes Dr. Poonam Sethi, Deputy Director Dentistry Dr. Sanjay Sharma and all Officers and Officials of the Directorate performed the Yoga Asanas. The ses-

sion aimed to equip participants with practical tools to manage stress and enhance emotional balance.

In his address, the Director Health Services Jammu emphasized on the benefits of practicing yoga and impressed upon all to make it a daily routine to boost physical, mental and emotional wellbeing. The day was also celebrated with great enthusiasm in all Districts of Jammu Division with active participation of CMOs/MS/BMOs of respective Districts/Blocks.

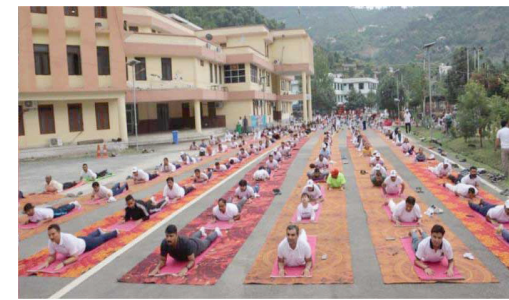
Int'l Yoga Day observed across Ramban District to promote "Yoga for One Earth, One Health"

HT NEWS DESK

RAMBAN, JUNE 21: In tune with the rest of the nation and the world, the District Administration Ramban, spearheaded by Deputy Commissioner Mohammad Alyas Khan, celebrated the 11th International Yoga Day with great enthusiasm across the district.

Themed "Yoga for One Earth, One Health," the day was observed as a festival of health and wellness, drawing participants from all walks of life.

DIG DKR Range Shridhar Patil, SSP Kulbir Singh, ADC Varunjeet Singh Charak, ACR Shokat Hayat Mattoo, senior officers, members of civil society, youth and other prominent citizens actively participated in the district-level celebration held at the District Administrative Complex, in collabora-



tion with the Department of AYUSH.

Over 1200 individuals including senior citizens, school children, women, and officials took part in the event.

The celebrations extended beyond the district headquarters to sub-division and tehsil levels in

Gool, Banihal, Ramsoo, Ukhral, Pogal-Paristan, Batote, Rajgarh, Khari and other areas. Officials including SDM Banihal Mohammad Naseeb, SDM Gool Imtiaz Ahmed, Tehsildars and others actively led and participated in the yoga sessions at their respective locations.

Speaking on the occasion, Deputy Commissioner Mohammad Alyas Khan lauded the efforts of all departments and participants for making the 11th International Yoga Day a grand success. He emphasized the need to integrate yoga into daily routine to foster holistic well-being and a stress-free lifestyle.

The yoga session at the district headquarters was coordinated by District Nodal Officer Yoga, Dr. Masood Iqbal Zargar, assisted by yoga experts Dilar Singh and Santosh Chib.

Awareness prog. on Pension Suvidha Portal held for DDOs at Kulgam

Farooq Rather

KULGAM JUNE 21: Deputy Commissioner (DC) Kulgam, Athar Aamir Khan Saturday presided over an awareness programme on the 'Pension Suvidha Portal' digital system organized by department of Finance (Accounts and Treasuries) at the conference hall of mini-secretariat Kulgam.

The session aimed to familiarize Drawing and Disbursing Officers (DDOs) of district Kulgam with the functionalities of the integrated Pension Suvidha portal for ensuring timely and transparent processing of pensions and other retirement benefits of retiring government employees through the digital mode.

In his address, DC emphasized the significance of e-governance interventions such as the Pension Suvidha portal in easing the process of submitting retirement cases of the government officials.

He urged all stakeholders to fully utilize the system to enhance efficiency and improve the pension processing timeline.

NIC expert informed the audience regarding the processing of pension cases from retiring employee login to DDO/PSA login through digital mode.

He gave a detailed PowerPoint presentation highlighting the features, functionality, and operational workflow



of the Pension Suvidha Portal.

The training session was a part of ongoing training programmes organized by the Finance Department (Accounts & Treasuries) across the UT of J&K. The event concluded with an interactive session of discussion, during which participants provided feedback, raised queries, and explored the system's benefits and potential challenges.

Among others, the programme was attended by ADC Viqar Ahmed Giri; Treasury Officers of Sub-Treasuries Kulgam, DDOs of different departments, Accountants and cashiers of different Treasuries and departments.

SDM Khansahib visits Ziyarat Syed Soleh Khan, reviews arrangements for Annual Urs

HT NEWS DESK

BUDGAM, JUNE 21: In view of the commencement of the annual three-day Urs of Hazrat Syed Soleh (RA), Sub-Divisional Magistrate (SDM) Khansahib, today visited the revered shrine of Ziyarat Syed Soleh Khan located in Khansahib to take stock of the arrangements made by the local administration for the smooth conduct of the religious gathering.

During the visit, SDM reviewed essential services and facilities put in place for devotees, including sanitation, drinking water, power supply, security arrangements, medical aid, and traffic management.

He directed the concerned officers to ensure uninterrupted services throughout the duration of the Urs, which attracts thousands of devotees from various parts of the district and beyond.

The annual Urs of Hazrat Syed Soleh (RA), a highly respected spiritual figure in the region, holds immense



religious significance. Devotees through the shrine to pay obeisance and participate in special prayers and spiritual gatherings. The event reflects the deep-rooted Sufi traditions and communal harmony of the area.

Following the inspection at Ziyarat Syed Soleh Khan, SDM also visited Imambara Gatipora, where he inter-

acted with community members and reviewed the preparations and arrangements in view of the upcoming religious events there. The annual Urs of Hazrat Syed Soleh (RA), a highly respected spiritual figure in the region, holds immense religious significance. Devotees through the shrine to pay obeisance.

CUKashmir celebrates International Day of Yoga-2025 with message on 'global wellness'

HT NEWS DESK

Ganderbal, June 21: Central University of Kashmir (CUKashmir), celebrated the 11th International Day of Yoga with zeal, enthusiasm, and collective spirit at Tulmulla Campus on Saturday.

The event witnessed a good turnout in the early morning hours during which participants gathered on the campus, rolling out mats to join the rest of the country in embracing the ancient Indian practice that continues to promote health, harmony, and holistic living.

Echoing this year's theme "Yoga for One Earth, One Health", aligning yoga with sustainability and global well-being, the celebration underscored yoga's pivotal role in fostering sustainable lifestyles, personal resilience, and collective ecological consciousness for global health and wellbeing.

Faculty members, administrative staff, students, led by the Vice-Chancellor, Prof. A Ravinder Nath, Dean Academic Affairs, Prof. Shahid Rasool, Deans of Schools, Heads and Coordinators of Departments, Senior Administrative Officials, scholars, students and other employees, joined the Hon'ble Prime Minister, Shri Narendra Modi through a live broadcast from Visakhapatnam, performed yoga with different Asanas.

Speaking on the occasion, Vice-Chancellor, Prof. A Ravinder Nath said, "International Day of Yoga is more than a ceremonial event—it is a celebration of the interconnectedness of human life. It promotes a vision of holistic health and universal harmony, advocating for preventive healthcare and mental well-being." Highlighting the significance of Yoga in health and wellness, Prof. A Ravinder Nath, said, "In a world grappling with lifestyle diseases, mental health challenges, and pandemics, yoga emerges as a natural, low-cost effective remedy. It improves flexibility, strengthens immunity, reduces stress, and promotes cardiovascular health. Regular practice is associated with lower anxiety, better sleep, enhanced focus, and emotional stability." "CUKashmir has always taken pride in promoting holistic wellness and mental resilience among its students and staff. Yoga is central to our pursuit of a healthy academic and social ecosystem. I urge everyone to make yoga a regular part of their daily life—not just for individual well-being, but also for building a compassionate and peaceful society," Prof. A Ravinder Nath said. The country with a huge young population bears the promise of leading the world, but that can only happen if we stay healthy in which Yoga and self-discipline plays a vital role.

Int'l Day of Yoga: Functions held across all District Court Complexes of Kashmir

HT NEWS DESK

SRINAGAR, JUNE 21: To commemorate 'International Day of Yoga-2025 (IDY)', District Legal Services Authorities on Friday organised mega functions across all the District Court Complexes of Kashmir under the theme "Yoga for One Earth, One Health," reflecting the holistic benefits of yoga in building individual and community well-being.

The practice of yoga asanas or postures enables individuals to attain control over their mind, body and soul, and how it combines physical and mental disciplines to foster a state of serenity in both body and mind, helping to manage stress and anxiety while promoting relaxation.

In Srinagar, District Judiciary Srinagar and District Legal Services Authority (DLSA), Srinagar, in collaboration with the department of Ayush, Srinagar, observed International Yoga Day 2025 with zeal and devotion at the District Court Complex, Srinagar.

The event was held under the guidance of Tasleem Arief, Principal District & Sessions Judge (Chairman, DLSA Srinagar) and under the supervision of Sajad Ur Rehman, Sub-Judge/Secretary, DLSA Srinagar.

The celebration was attended by all the Learned Judicial Officers of the District Judiciary, Srinagar, whose participation lent dignity and inspiration to the occasion.

The program commenced with a live yoga demonstration by professional instructor, followed by a mass yoga session in which a large number of participants, including Judicial Officers, lawyers, Legal Aid Defence Counsels, Para Legal Volunteers, Administrative & Judicial Staff of District Court Srinagar and staff members of DLSA Srinagar enthusiastically took part. The session created a serene and energizing environment, symbolizing unity, mindfulness, and shared purpose.

A special lecture was delivered highlighting the relevance of yoga in reducing stress, enhancing mental clarity, and promoting emotional and physical well-being.

Addressing the gathering, Pr. District and Sessions Judge, Srinagar, emphasized that yoga is not merely an exercise regime but a philosophy of balanced living that aligns personal health with the well-being of the earth. He encouraged everyone to embrace yoga as a daily practice to achieve holistic wellness and contribute to collective sustainability.

In addition to the vibrant celebration held at the District Court Complex Srinagar, International Yoga Day was also observed at various Legal Aid Clinics including Central Jail Srinagar and

the Juvenile Observation Home.

In Baramulla, District Judiciary Baramulla and the District Legal Services Authority (DLSA) Baramulla celebrated International Yoga Day on 21st June at the Court Complex Baramulla.

The event was organized under the guidance of the Principal District and Sessions Judge and Chairman of DLSA Baramulla, and was supervised by the Additional District and Sessions Judge, Baramulla.

Members of the legal fraternity participated in the event with enthusiasm. Participants included Judicial Officers posted at the District Headquarters, President and senior members of the Bar Association Baramulla, Legal Aid Defence Counsels, Panel Lawyers, ministerial staff of the courts, staff of DLSA Baramulla, and Para Legal Volunteers (PLVs).

A Yoga session was held on the court lawns where trained Yoga instructors and national-level Yoga players from the department of Youth Services and Sports demonstrated various Yoga asanas. Participants actively took part in the session, which created a spirit of unity, peace, and positivity.

The event focused on the importance of Yoga in enhancing both mental and physical health. It also encouraged the adoption of a healthier and more balanced lifestyle in today's fast-paced world.

Dr. SYED FURQANA BUKHARI
Dental Surgeon, MIDA
Ex Resident Govt. Dental College Srinagar
Fellowship in Medical Cosmetology

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